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## Fingal Sailing School Kayaking Course

Sat & Sun. 10.30 - 1.30

Starting 22<sup>nd</sup> / 23<sup>rd</sup> March - 24<sup>th</sup> / 25<sup>th</sup> May 2014

€200 p.p / 10 places per class / Advance booking Essential

### Course Programme:

Week 1: Intro to paddle strokes / trip to other side of estuary (wind depending)

Week 2: Revise paddle strokes / intro to some new strokes / capsizing & recovery

Week 3: Recap paddle strokes / intro to moving water at the bridge

Week 4: Moving water at the bridge and trip around by Malahide Marina / through Bridge

Week 5: Estuary trip / Weather / deep water maneuvers

Week 6: Donabate outer estuary

Week 7: Towing / Through the bridge / Tides

Week 8: Trip planning small / Trip to mouth of outer estuary

Week 9: Trip to Portmarnock / Donabate beach

Week 10: Trip to Portmarnock / Donabate beach