

# Llandysul Paddlers

## Fun in The Sun Summer Programme



**Are you aged between 8 and 18?**

**Do you fancy trying something different this summer?**

**Well .... Llandysul Paddlers Canoe Centre is running a summer programme, the aim of the project is to make outdoor activities accessible to local young people.**

**Each day of the week has a different theme ranging from coasteering, ww rafting, mountain biking, river swimming kayaking etc.**

**\*The cost for each day is £10 per person this includes:**

**Qualified instructors, equipment and transport.**

**Young people should bring with them a packed lunch, a towel, spare clothes, sun cream and a drink.**

**Each day starts at the Canoe Centre in Llandysul at 10am and will finish at 4pm.**

**Places are limited so please book in advance by calling Llandysul Paddlers Canoe Centre on 01559 363209 or 07900570440**

**\*Please note that a medical and consent form must be filled out before your child's first session\***

**\*Payment will be taken at the time of booking\***

**Events**  
**Summer Play Days 2010**

**Monday 26th July River Kayaking and River Swim**

**Tuesday 27th July No sessions**

**Wednesday 28th July Rock climbing and kayaking**

**Thursday 29th July Mountain bike skills and river swim**

**Friday 30th July Kayaking day.**

**Monday 2nd Aug Rock Climbing and River Swim**

**Tuesday 3<sup>rd</sup> No sessions**

**Wednesday 4th Aug kayaking**

**Thursday 5th Aug Mountain Biking**

**Friday 6th Aug Rock Climbing and kayaking**

**Monday 9th Aug WW Rafting and raft building**

**Tuesday 10th Aug Kayaking**

**Wednesday 11th Aug Mountain Biking and river swim**

**Thursday 12th Aug River Kayaking and River Swim**

**Friday 13<sup>th</sup> Aug kayaking and climbing**

**Monday 16th Aug Coasteering**

**Tuesday 17th Aug WW Rafting**

**Wednesday 18th Aug No session**

**Thursday 19<sup>th</sup> – Sunday 22<sup>nd</sup> August River Festival.**

**Monday 23rd Aug No session**

**Tuesday 24<sup>th</sup> August Kayaking and river swim**

**Wednesday 25<sup>th</sup> August No session**

**Thursday 26<sup>th</sup> August WW Rafting and river swim.**