



Kayak & Canoe Skills Course



GENERAL COURSE INFORMATION:

This course is Designed to introduce a systematic approach to Kayak and Canoe skills up to and including instructor level.

Course Aim:

Courses are affiliated to the Irish Canoe Union.

Courses will suit any groups or individuals who need to have the skills to participate in or run Kayak and Canoe activities.

Designed for groups whose primary aim is personal and group development.

It is a pre-requisite for Kayak and Canoe instructors (National Governing Body Awards) to hold a relevant First Aid Certificate.

*First Aid courses are also run at the Cavan Centre

Duration: Courses generally run over 2 days (excluding pool session) which can be done on a residential or non-residential basis.

An assessment is undertaken on the final day.

These courses are delivered by a nationally recognised trainer.

Please call Celine on 049 8544436 or email: info@cavancentre.ie

