



The National Programme for
Sport and Physical Activity for Older People

Learn to Paddle at Tanagh



Dates: 6th March, 13th March, 20th March, 27th March 2018

Time: 10am-1pm

Suitability: Adults

Cost: €52.50pp normally €90pp. This course is subsidised by Age & Opportunity Go for Life programme.

Limited spaces on this course.

Learn to paddle a Kayak and a Canoe on the Dromore River. The Dromore river is the ideal location for learning on as it is a calm, sheltered, flat water river. The course is 4 weeks running for 3hrs each session. Our fully qualified instructors will deliver the course. All equipment including wetsuit, buoyancy aid, boat and paddle will be provided.

Booking and Payment in advance is essential with Tanagh Outdoor Education & Training Centre

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Contact Philomena on 049-5552988 or info@tanaghoutdooreducation.com