

## **'Upperdeckers' - Over 50s Kayaking**

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## **'Upperdeckers' - Over 50s Kayaking**

**Our popular 'Upperdeckers' over 50s kayaking sessions run every Wednesday during term-time!**

Kayaking is a low-impact activity that's great fun, sociable and suitable for all. Come and make a splash with us on the most picturesque stretch of the Regent's Canal, get fitter and make new friends. Tea, coffee, biscuits and chit-chat included!

**Join us at 10:30 on Wednesdays (sessions run 11:00 - 13:00) - only £3.00 per session!**

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