

# FREE WATER SPORTS SESSIONS

FOR ADULTS AGED  
50 AND OVER

Join our funded programme and enjoy 10 free sessions of exciting water activities including:

- Kayaking
- Canoeing
- Stand Up Paddleboarding

You'll also have the chance to achieve:

- Paddle UK Start Award
- BSUPA Ready to Ride qualification

**Start date:** 18th April 2026 10am - 12pm

**Enquiries to:** [hymb@gll.org](mailto:hymb@gll.org)

All sessions are run by qualified instructors and equipment will be provided.



Spaces are limited so scan the QR code to secure your slot today.

