

**CREMORNE ACTIVITY CENTRE**  
Cremorne Gardens, Lots Road, London SW10 0QH

**ACTIVITIES  
FOR ALL ABILITIES**

**AGES 9+**

Telephone  
020 7349 9591



**Booking Form Adult beginner courses**

**Please complete this form in ink in BLOCK CAPITALS and return to the address above**

**First Name** ..... **Last name** .....

**Address**.....

..... **Post Code**.....

**Phone**.....**Mobile**.....

**E-mail**.....

**Date of Birth**..... / ..... / ..... **Age**..... **Male** / **Female**

**Emergency Contact First Name** .....**Last name**.....

**Address**.....

..... **Post Code**.....

**Phone**..... **Mobile**.....

**Courses are held on Saturdays 11 a.m. - 2 p.m. and are aimed at introducing adults to the sport of kayaking on the Tidal Thames. Applicants need to be able to swim at least 10 metres in light clothing. The course content covers introduction to the kayak, boat control, rescue skills, paddling in tidal conditions in safety. The cost per course is £100. Cheques should be made payable to Royal Borough of Kensington and Chelsea. Please tick the course you wish to attend:**

**Course**      **25 Sept + 2nd, 9th, 16<sup>th</sup> October**     

**I am over 18 years old and am able to swim at least 10 metres in light clothing**      **Yes** / **No**

**The signing of this form signifies that I am physically fit to take part in the activity and that I am willing to comply with all safety regulations**

**Signature**..... **Date** ..... / ..... / .....

**Print Name**.....

**What do I need to bring?**

You need a towel and a complete change of clothes and footwear. Cremorne will supply the rest of the kit. For comfort and warmth, if possible wear a base layer, then a fleece or fibre pile top. Avoid cotton t-shirts and jeans if possible, as these do not retain heat once they are wet, unlike fleece or fibre pile. Avoid wearing bulky footwear as it will restrict access to a kayak.