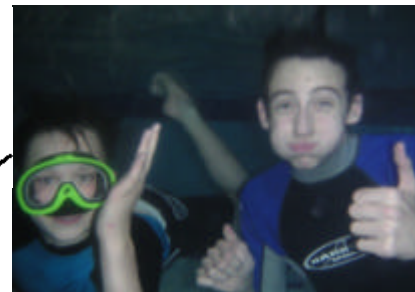


Magdalen Court School



Senior School Headmaster: Mr J.Bushrod B.Sc. Hons. PGCE  
Middle School Head teacher: Mr D.Tyler B.A. Hons PGCE M.A.  
Junior School Headmistress: Mrs. J.Jenner B.Ed Hons. B.A.

## Canoe Club Swimming Pool Sessions

Dear Parents,

Following the success of the Autumn/Spring pool sessions I am running another series of pool sessions this spring.

The sessions are open to any level of paddler.

Equipment.

? Swimming costume.

? Boats, paddles, spray decks & masks are all provided by the school.

Numbers:

Restricted to 12

Dates/Times:

Mondays 4-6pm (pool time 4:30 to 5:30)

21<sup>st</sup> Jan.

4<sup>th</sup>, 11<sup>th</sup> & 25<sup>th</sup> Feb.

3<sup>rd</sup> & 10<sup>th</sup> Mar.

Cost

£60 for the course



**Magdalen Court School is a Family Trust promoting children's education.**

Magdalen Court School, Mulberry House, Victoria Park Road, Exeter EX2 4NU

Tel: 00-44-(0)1392-494919 & 213449 Fax: 00-44-(0)870-7051-321

E-Mail: [Enquires@mcs-exeter.co.uk](mailto:Enquires@mcs-exeter.co.uk) Internet: [www.mcs-exeter.co.uk](http://www.mcs-exeter.co.uk)

## Canoe Club Pool Sessions

I would like my son/daughter to take part in the MCS Canoe club, swimming pool sessions.

I enclose a cheque for £60 to cover the cost of the course.

I am aware that there are risks associated with water sports.

If you are not aware of the risks involved or the procedures we put in place to manage these, please ask myself & I will be most happy to describe the activity in greater detail, explaining the potential risks your child will be exposed to.

*Would you please pay these payments by cheque, marked with the **child's name** & the **'Canoe Pool Sessions'** written on the back. Also it is of great help to us if they are not amalgamated with other moneys paid to the school, i.e. a separate cheque.*

Name of Child: ..... Parent's signature: .....

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### Stages in learning to role a kayak

- ? Confident wet exit
- ? Hip-snap
- ? Eskimo Rescue
- ? Balance
- ? Correct Shoulder rotation
- ? Paddling warm up exercises
- ? Low Brace
- ? High Brace
- ? The Eskimo Role
  - o Set-up position
  - o Sweep out
  - o Body position
  - o Hip-snap
  - o Body & head position
  - o Recovery

Many thanks

John Jenner

British Canoe Union, Level 3 Kayak Coach  
Instructor No: 19724. BCU No: 114222/f

Devon County Council Registered Canoe Instructor  
Reg. No: 2253



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