



## Adventure Elements Course Dates 2009

Sea Kayaking	Number of Days	Cost	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Sea Kayaking Taster	1 Day	£70.00			7	11	23 16	13	25	1 3 15	12			
Discover Sea Kayaking	2 Days	£130.00			7-8		16-17	13-14	18-19	15-16		10-11	21-22	5-6
Introduction to Sea Kayaking	5 Days	£300.00			16-20		4-8	22-26	27-31	10-14	7-11			
Improvers Sea Kayaking	2 Days	£130.00	17-18		7-8		9-10		4-5		12-13	24-25		
Improvers Sea Kayaking	5 Days	£300.00	12-16		2-6			8-12		17-21				
Intermediates Sea Kayaking	2 Days	£130.00	17-18	21-22		27-28		20-21		1-2		8-9	7-8	12-13
Intermediates Sea Kayaking	5 Days	£300.00	12-16		23-27	20-24	18-22		20-24			12-16	7-11	
Advanced Sea Kayaking	5 Days	£300.00				20-24			20-24			19-23		
White Water Sea & Surf	5 days	£300.00								1-5				
Rough Water	2 Days	£130.00				4-5			9-10	8-9		17-18		
Incident Management	2 Days	£130.00				25-26			13-14		14-15			

BCU	Number of Days	Cost	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
3* Sea Training	2 Days	£110.00					11-12		6-7			5-6		
4* Sea Training	3 Days	£160.00				1-3			1-3		4-6			
3* Sea Assessment	1 Day	£60.00					13		8			7		
4* Sea Assessment	2 Days	£110.00				6-7				6-7		26-27		
3* White Water Training	2 Days	£130.00				11-12	9-10	20-21	11-12	8-9	5-6	3-4 24 25	7-8 21 22	
3* White Water Assess.	1 Day	£60.00				12	10	21	12	9	6	4, 25	4, 22	

White Water	Number of Days	Cost	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Intro to White Water	2 Days	£130.00				11-12	9-10	20-21	11-12	8-9	5-6	3-4 24 25	7-8 21 22	
Intro to White Water	5 Days	£300.00				10-14	9-13	20-24	11-15	8-12	5-9	3-7 24 28	7-11 21-25	
Intermediate White Water	2 Days	£130.00				18-19	9-10	20-21	11-12	8-9	5-6	3-4 24 25	7-8 21 22	
Intermediate White Water	5 Days	£300.00				18-22	9-13	20-24	11-15	8-12	5-9	3-7 24 28	7-11 21-25	
Advanced White Water	2 Days	£130.00				18-19	9-10	20-21	11-12	8-9	5-6	3-4 24 25	7-8 21 22	
Advanced White Water	5 Days	£300.00				18-22	9-13	20-24	11-15	8-12	5-9	3-7 24 28	7-11 21-25	
White Water Sea & Surf	5 days	£300.00								1-5				

Expeditions	Number of Days	Cost	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Scotland	5 Days	£300.00					11-17							
Anglesey Circumnav	4 Days	£250.00						15-19		24-28				
Intro Exped	2 Days	£130.00					2-3	27-28	11-12 16-17	29-30				
Slovenia - White Water Improvers	5 Days (all inclusive)	£600.00					24-30							
Slovenia - Intermediate White Water	5 Days (all inclusive)	£600.00						31-6						