

PROGRAMME OF EVENTS - August 2018

To book onto a session ring the
Marina Office, Monday to Friday
between 9am and 5pm on
0191 5818998

		10.00 am	10.30 am	11.00 am	11.30 am	12 noon	12.30 pm	1.00 pm	1.30 pm	2.00 pm	2.30 pm	3.00 pm	3.30 pm	4.00 pm	4.30 pm	5.00 pm	5.30 pm	6.00 pm	
Wed	1							WALK FOR LIFE											
		PRIVATE SESSION (WOODHAM)							PRIVATE SESSION (AAP)										
		MOBILE CLIMBING TOWER																	
Thur	2	DURHAM CITY SUP TOURS																	
Fri	3	PRIVATE SESSION (AAP)								KAYAK AND SUP TASTER SESSION									
Sat	4		KAYAK AND SUP TASTER SESSION																
Sun	5																		
Mon	6								KAYAK AND SUP TASTER SESSION										
									CYCLE DURHAM										
Tues	7	CLIMBING TASTER SESSION															KAYAK CLUB		
Wed	8	MOBILE CLIMBING TOWER																	
									WALK FOR LIFE										
Thur	9		KAYAK AND SUP TASTER SESSION																
Fri	10	KAYAK AND SUP TASTER SESSION								PRIVATE SESSION (AAP)									
Sat	11		KAYAK AND SUP TASTER SESSION																
Sun	12																		
Mon	13								CYCLE DURHAM										
									KAYAK AND SUP TASTER SESSION										
Tues	14	CLIMBING TASTER SESSION															KAYAK CLUB		
Wed	15							WALK FOR LIFE											
Thur	16		KAYAK AND SUP TASTER SESSION																
Fri	17								KAYAK AND SUP TASTER SESSION										
Sat	18		KAYAK AND SUP TASTER SESSION																
Sun	19																		
Mon	20								CYCLE DURHAM										
									KAYAK AND SUP TASTER SESSION										
Tues	21	CLIMBING TASTER SESSION															KAYAK CLUB		
Wed	22	PRIVATE SESSION (WOODHOUSE)							WALK FOR LIFE				PRIVATE SESSION (AAP)						
		MOBILE CLIMBING TOWER																	
Thur	23	COASTEERING TASTER SESSION																	
Fri	24	PRIVATE SESSION (AAP)								KAYAK AND SUP TASTER SESSION									
Sat	25		DURHAM CITY SUP TOURS																
Sun	26																		
Mon	27								CYCLE DURHAM										
									KAYAK AND SUP TASTER SESSION										
Tues	28	CLIMBING TASTER SESSION															KAYAK CLUB		
Wed	29	MOBILE CLIMBING TOWER																	
		PRIVATE SESSION (WOODHOUSE)							PRIVATE SESSION (AAP)										
Thur	30	DURHAM CITY SUP TOURS																	
Fri	31	PRIVATE SESSION (AAP)								KAYAK AND SUP TASTER SESSION									

THE WALK FOR LIFE

- ♦ Every Wednesday
- ♦ 1pm until 2.30pm
- ♦ Suitable for all ages

FREE

KAYAK AND SUP TASTER

- ♦ Kayak
- ♦ SUP

£22

CYCLE DURHAM

- ♦ Minimum age 16

FREE

MOBILE CLIMBING TOWER

- ♦ Minimum age 6

£4

CLIMBING TASTER

- ♦ Based at Sunderland Climbing Wall
- ♦ Learn how to put on a harness and tie into the rope
- ♦ Learn basic movement techniques

£22

KAYAK CLUB

- ♦ Minimum age 6
- ♦ All equipment provided

£4 (members - £30 for membership)
£8 (non members)