



NEW MEMBER INFORMATION SHEET

September 2017

Sessions for beginners?

Pre-requisite is the capacity to swim easily during 15 minutes without interruption and dive the head under water without panicking.

We have sessions for beginners and advanced paddlers on most* Fridays from April to October, from +/- 18h00 to 20h30 (depending on the daylight) on the river Alzette.

You can attend one session to try, for free. Then, getting a federal license and paying the membership fee and is mandatory, for insurance reasons.

*Please contact us beforehand to make sure that we can accept you (max. quota is 8 people per instructor).

We meet at our Boatshouse: **7, Rue Godchaux, 1634 Luxembourg.**

Sessions for children?



We accept children, provided that they swim with ease during 15 min and dip their head without panicking.

(usually as from 8-9 years).

We have several youngsters between 10 and 16 and we try to form teams of equivalent age and level.

Will I get wet?

Yes! 😊 Paddling is an aquatic sport! In the learning process, you will learn how to capsize and get out of the boat. We also teach paddlers how to roll up their boat efficiently.

We don't start with drills that make people fall into the water. Nevertheless, it sometimes happens that someone capsizes and anyways, we get wet from water dropping from the paddle.

Recommended equipment:

(for your first sessions) :

- ☐ Synthetic running T-shirt and leggings (no cotton!)
- ☐ Closed shoes like old running shoes (will get wet)
/!\ No flip-flops, no sandals
(bad protection for the feet)
- ☐ fleece pullover and wind-breaker jacket (will get wet)
- ☐ towel and complete dry change (including dry shoes and dry jacket)
- ☐ optional: a bottle of water and a snack.

info@kayak.lu

Séverine : +33.613.58.38.66 / Fred : +352.621.53.19.62



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Where to find us?

Boatshouse:

7, Rue Godchaux, 1634 Luxembourg
(area of Hamm, Schleifmillen)

Google map: <https://goo.gl/maps/WZ4j1F6xwW32>

Note: at the end of the street Godchaux, continue straight forward in the dead-end for another 350m:



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How to become a member at CKL?

Technical pre-requisites

The pre-requisite to attend any kayak session is the capacity to **swim easily during 15 minutes** without interruption and **diving the head** under water without panicking.

An adequate swimming certificate issued by a swimming pool is mandatory. Ask our standard model!

Activities:

Once a member of the CKL with a valid license from the Canoe-Kayak Federation, you can attend all activities in flat and white water, on rivers, lakes and seas, organized by the CKL.

Occasionally, we take part in events organized by other clubs.

Swimming Pool Training:

During the winter season (October to April), we have special trainings at the swimming pool in Limpertsberg.

We charge an extra 30€/year for people attending the swimming pool session.

These sessions are highly recommended for beginners: here we train safety moves, capsizing, rolling, etc. in a calm, clear and warm water ☺.



REGISTRATION CHECK-LIST :

Please:

- ☐ Print, fill and sign the License request.
- ☐ Provide a recent passport photo
- ☐ Print the swimming certificate model and pass the test in any swimming pool, to get it stamped
- ☐ Pay the annual membership fee.

In addition, if you want to do competition, you'll need to provide:

- ☐ "Medico-sportif" certificate (issued by a certified medical center, ask for the details if applicable).

Membership fee:

Annual Membership Fee (01/01 to 31/12):

1 Person: 50 Euro / Year

1 Family (= 2 persons and +): 80 Euro / Year

Reference for the bank transfer:

Beneficiary: Canoe Kayak Luxembourg

IBAN: LU43 1111 0056 9064 0000

BIC: CCPLLULLXXX

Bank: ENTREPRISE DES P ET T

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