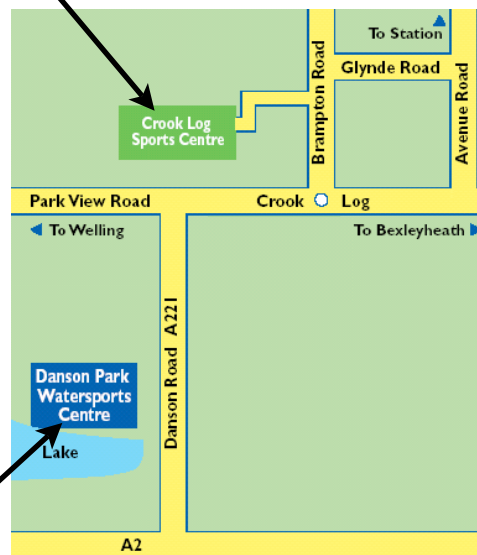


# How to find us...

including session times for each venue

Hopefully this leaflet has given you an insight into the opportunities at Meridian Canoe Club. Please visit our website for more details, contact us via email at [enquiries@meridiancanoeclub.com](mailto:enquiries@meridiancanoeclub.com) or pop along to one of our sessions for a chat.

Wednesday - Crook Log  
7.00pm - 8.15pm Junior Polo Session  
8.15pm - 9.15pm General Pool Session  
9.15pm - 10.30pm Senior Polo Session  
Thursday - Crook Log  
9.15pm - 10.15pm General Pool Session



Saturday - Danson Lake  
10.00am - 12 midday General Lake Session

For more information please email [enquiries@meridiancanoeclub.com](mailto:enquiries@meridiancanoeclub.com)



# MERIDIAN CANOE CLUB



[www.meridiancanoecub.com](http://www.meridiancanoecub.com)

email: [enquiries@meridiancanoecub.com](mailto:enquiries@meridiancanoecub.com)

Bexleyheath, Kent / London borders

[www.meridiancanoecub.com](http://www.meridiancanoecub.com)

Welcome to Meridian Canoe Club. We are one of the largest clubs in London and the UK. We compete regularly in Canoe Polo, Slalom and are very active in Flat Water, Surf, Open Boating and White Water.



You don't need to be an expert paddler to join in with any of these. We will make sure you are well looked after. Meridian Canoe Club has plenty to offer experienced paddlers too.



The Club runs regular open mornings to introduce novice paddlers to the sport of canoeing and to the club. These open morning's provide the potential new member with a chance to find out more about the club and there is also the opportunity to paddle in a small group with one of the clubs instructors.

Please email [enquires@meridiancanoeclub.com](mailto:enquires@meridiancanoeclub.com) for dates and more information.

Any U18 should be accompanied by an adult to these introduction sessions. If you are interested in booking a place or finding out more please email us on [enquiries@meridiancanoeclub.com](mailto:enquiries@meridiancanoeclub.com)

[www.meridiancanoeclub.com](http://www.meridiancanoeclub.com)



There are a large number of active coaches with Meridian Canoe Club who can have helped many of the country's top paddlers achieve their goals.

An interest in Paddlesports can be an all consuming hobby, exciting, challenging, testing and most of all fun.

Canoe Polo is fabulous to play, and full of spectator interest, Polo combines paddling and ball handling skills within an exciting contact team game, where tactical and positional play are a fascinating ingredient of this thoroughly entertaining sport.

Sprint and Marathon racing are popular sections of canoe sport. They attract large numbers of canoeists of all abilities and takes place on most types of water.

Slalom offers excitement and personal challenge - an ultimate test of skill. Speed and precision is crucial as slalom paddlers need to maneuver through a series of gates without making contact to avoid penalty seconds being added to the time taken to paddle from start to finish.

White Water paddling for many people is what kayaking is all about. Whitewater kayaking allows you to visit places and see sights that many people will never see.

The Club also runs trips to the coast for surfing and costal trips.