

**Lee Valley White Water Centre – EN9 1AB**

<b>Activity</b>	<b>Description</b>	<b>Age</b>
White Water Rafting -Olympic Course	Navigate the drops and eddies of the Olympic course rapids in a 9-person raft.	12+
White Water Rafting -Legacy Course	Navigate the drops and eddies of the Legacy course rapids in a 5-person raft.	8+
Hot Dogs	Paddle your way down the legacy loop on an inflatable two-person kayak.	12+
Hydrospeeding	A cross between a float and body board – navigate the rapids of the legacy course on a hydrospeed.	12+
Explore Kayaking	Explore Kayaking sessions are fun for all ages and take place on the crystal clear lake. These fun and relaxed sessions are a great way to paddle on our lake.	8+
Water Wipe Out	Leap and bound over the obstacles on the inflatable assault course.	8+
Explore Stand Up Paddleboarding (SUP)	Discover the world of Stand Up Paddle Boarding on the crystal clear lake. These fun and relaxed sessions are a great way to paddle on our lake.	8+
Raft building	Build your own raft and test it out on the flat water.	8+
Paddlesport Development Programme	This four week course is for anyone who would like an enjoyable introduction to the sport of kayaking on the flat water.	8+