

Stand Up Paddle Boarding

Wednesday 23 June

3PM | Henny Nr. Sudbury

£20 per WI Member*



Ever wanted to try paddle boarding but don't have a board, don't know where to go, need somebody to guide you or don't want to go alone?

Well, this is your opportunity to join in with a guided one hour session, fully equipped with board and safety equipment, in the company of friends. You start on your knees and can paddle like that if you prefer. You don't need to be able to swim as personal flotation devices are supplied which keep you bobbing about on the waters surface, if you should fall in. We will meet and finish at The Henny Swan (CO10 7LS) where we can have a refreshing drink in the gardens after our exertions.

The important information...

- Book directly with the WI Office via email, phone (include your name, WI, contact details) or use the form by post.
- Payments must be made directly to the WI Office via cheque (made payable to SWFWI) or Bacs to SWFWI CIO Sort Code: 089299 | Account number: 65868449
- *Cost is £20pp (WI Members only) in groups of 6 (costs may increase for smaller groups) and includes equipment hire & tutor.
- Tickets are non transferable. The WI Office needs to be notified seven days prior to the event if you can not attend. Refunds will only be issued if your ticket can be re-sold.

✂ Please detach and return to book by post.

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Name: WI:

Email: Tel:

Return to: WI Office, Unit 11, Park Farm Business Centre, Fornham St Genevieve, Suffolk, IP28 6TS
01284 336645 | office.swfwi@gmail.com