WEEKLY TIMETABLE

MONDAY

17:00-18:30 ✱
Hackney Woodcraft Folk

17:00 - 18:30
Youth Gym

TUESDAY

10:00-14:00
Independent Paddlers

17:30-19:30 ✱
SUNBEAMS Gardening and paddling

18:00-19:30
Tone Up Tuesdays - STUK CIC

WEDNESDAY

10:00-12:30
Independent Paddlers

10:00-11:30 ✱
Women's Cycling Club

16:30-19:00 Monthly
Get Out UK - SUP CLUB

18:00-19:30
Gym Circuits

18:00-20:00
Club Paddle

THURSDAY

10:00-14:00
Independant Paddles

18:00-19:30
Youth Club (8-12 yo)

FRIDAY

14:30-17:00
Cheredi Boys Paddling

SATURDAY

10:00-12:30
Youth Club AM

11:00-13:00
Paddleability

13:00-15:30
Youth Club PM

SUNDAY

10:00-12:30
Paddle Club Open Session

10:30-11:30
Yoga for All

12:30-12:30
Sound Healing

13:30-15:30
Rotating schedule of
- Paddles (all ages)
- Narroboat trip
- Bike Rides plus bike Kitchen
- Paddleability Adult

BOOK NOW

- Youth Club
- Adult Paddle Club
- Community Programme
- ✱ Externally booked

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LEASIDE

2026 PROGRAMME

APRIL

Saturday 25th – Sunday 26th
9.30am – 6.00pm

Paddle UK – Paddlesport Instructor Award

MAY

Wednesday 20th
16:30–18:30

Get Out UK – SUP CLUB

8 to 18 years

Friday 22nd
5 days

100 Mile Canoe Test
14 to 19 years

Wednesday 27th
4 days

Wildlife Conservation & Adventures at Cameron's Cottage in the New Forest

8 to 18 years
Fully booked

JUNE

Wednesday 17th
16:30–18:30

Get Out UK – SUP CLUB

8 to 18 years

Saturday 27th
9:30 – 16:30

Thames Weir Trip
8 to 19 years

JULY

Wednesday 15th
16:30–18:30

Get Out UK – SUP CLUB

8 to 18 years

Sunday 19th
9:30–18:00

River Stour Dedham Vale Touring Trip
18 years and over

Sunday 26th
10:00–13:00

Dunwich Dynamo Bus Ticket
Fully booked

Monday 27th
5 days

Beach & Surf Trip
Fully booked

AUGUST

Monday 10th
5 days

Angel II – Residential Narrowboat Trip

8 to 18 years

Wednesday 19th
16:30–18:30

Get Out UK – SUP CLUB

8 to 18 years

SEPTEMBER

Wednesday 16th
16:30–18:30

Get Out UK – SUP CLUB

8 to 18 years

Saturday 26th
7 days

River Spey Descent: Multi-Day Canoe Trip

8 years and over

OCTOBER

Wednesday 21st
16:30–18:30

Get Out UK – SUP CLUB

8 to 18 years

More activities and day trips getting planned throughout the year!

- Youth Club
- Paddle Club Activities
- Community Programme
- Courses

BOOK NOW

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