

Join us for a fun and **free** afternoon of kayaking on the Grand Union Canal.

Venue: Nash Mills Recreation Centre, Red Lion Lane, Hemel Hempstead, HP3 9TE

When: Sunday 6th July, 2pm to 4pm

What to wear: Old clothes including trousers or shorts. Pumps, trainers etc. **NB:** Participants must be able to swim 50 metres clothed.

Booking is essential as places are limited. To book your place:

- 1) Ring Lisa on **07952 113735** to secure your place.
- 2) Complete the form below. WhatsApp or post it to Lisa.

A fully qualified instructor, with the support of YAHemel team members, will look after the group of up to 15 young people throughout this time. Please complete this form to reserve your place.

Name of young person:	
Address:	
	Postcode:
Telephone:	DOB:
Emergency contact 1:	Name:
Emergency contact 2:	Name:
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Date:	



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Signed parent or guardian:	
Date:	

