



On the 26-28th of April, 2002, ALT took a group of budding enthusiasts down to the Share Centre, Lisnaskee for a Canoeing and Kayaking weekend. The facilities are excellent, and based in beautiful surroundings, and we all enjoyed the experience immensely (All qualifying with a 1 Star in Kayaking!!!).

We were assigned an instructor, and had three 2-3 hour lessons on the lake. When we had put on our wetsuits, which were supplied by the centre, and with kayaks and paddles, we headed down to the water.

After practicing some forward and backward strokes, with the instructor assessing each of us individually, we then relaxed and had some fun, with several water games, water clumps, and water dodge ball!

While the rest of us were scared to get wet, Graeme took like a duck to water! We knew he was just showing off, trying to impress Robin, the instructor, how much he knew about capsizing!



The Viking Longboat

After a nice relaxing game of water football in the Share Swimming pool that night (the ball came off the worst!), and after the sardines came out from the Sauna, we decided to have a nice game of pool. We then headed back to the chalet, where we played an enjoyable game of Mafia and told a few jokes.

On the Sunday, we had our final test, where we had to show what we had learned over the weekend. Most of us were still very tired and sore from the previous day, but all performed very well in the test. The hardest part for everyone was doing a capsize, but we found that once you were in the water, you got used to the cold and it wasn't really so bad as it all seemed. Then after we dried off, and got back to the Haven, we were all asked questions on keeping safe on the water. Then we were all awarded our 1 star in Kayaking!

Here are some more pictures we took of the trip...



Go for the burn! (And then for lunch)



It's not always plain-sailing, Kirk!



Just when you thought it was safe to go back in the water!



Nothing phases Graeme and his sidekicks, 'Water never hurt anyone!'