

3 NEW ADULT PROJECTS LAUNCHING IN JUNE!

Published on The Pirate Castle website (<https://thepiratecastle.org>)

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We're excited to share news of 3 new projects for adults which will be launching in June 2021 as trials. If successful, these new activities will be integrated into our raft of affordable community projects for the longer-term.

Help make this happen by joining us on the water and spreading the word!

Paddlefit – workout on the water

Looking for a new and exciting way to improve your fitness? Then look no further... Along with being a low-impact sport suitable for all ability and fitness levels, paddlesport can:

Help you lose weight and increase stamina

Build a solid core and tone muscles

Reduce stress and improve emotional wellbeing

Improve cardiovascular health, flexibility and mobility

Tuesdays 12 - 1pm, from 8th June until 13th July

£10 per session

Ladies Who Launch

Our new women-only lunchtime paddle sessions are launching this summer! Bored of the same old lunchtime routine? Then why not try something a little different to help you forget the stresses of the world for a while and invigorate your Thursday afternoons!

Thursdays 12 - 1pm, from 10th June until 15th July

£10 per session

Paddle with Pride!

The Pirate Castle proudly presents **Rainbow Paddlers** – our new adult (18+) paddlesport sessions hosted by and for the LGBTQ+ community. Come and join fellow LGBTQ+ pirates for a relaxing early evening paddle to round off the week, unwind, forget the stresses of the daily grind and get you into gear for the weekend ahead!

Fridays 5.30 - 7.30pm, from 11th June until 16th July

£15 per session (£5 concessions, subject to eligibility)

Due to limited capacity all Paddlefit, Ladies who Launch and Rainbow Paddlers sessions must be pre-booked and are non-exchangeable / non-refundable.

Don't miss out - book today by emailing info@thepiratecastle.org [1]

YarrRRrr!!

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Links

[1] <mailto:info@thepiratecastle.org>