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## Upperdeckers - paddlesport sessions for the over 50s

Our affordable and sociable **Upperdeckers** paddlesport sessions for the over 50s are a great way to keep active, healthy and happy whilst enjoying the great outdoors on our beautiful stretch of the Regent's Canal.

**Beginners welcome!** Our brilliant, supportive team of British Canoeing instructors and trained volunteers will help you gain skills and confidence on the water. All sessions are 1.5 hours, with time for a cuppa and chat together afterwards. Our **Upperdeckers** are a really friendly and welcoming bunch, so you'll make some new friends too!

Wednesdays 11am - 1pm: 3rd January - 27th March 2024 (no session on 14th February due to spring half-term Holiday Scheme)

Wednesdays 5pm - 7pm: 3rd April - 23rd October 2024

Wednesdays 11am - 1pm: 30th October - 18th December 2024

**£5 per session (£3 concessions, subject to eligibility - [contact us](#) [1] for details)**

We're committed to **Upperdeckers** being accessible to everybody and will always try to help if costs can't be met due to financial difficulty. Please [contact us](#) [1] to discuss options.

**Limited availability. Pre-booking essential!**

To get the most out of these sessions we recommend block-booking in advance to secure your spaces. However, individual sessions may also be booked (at least 2 days in advance), subject to availability.

To find out more or to make a booking, please [email us](#) [1] or call 020 72676605 to speak with a member of our team.

**Upperdeckers is subsidised via our fundraising efforts and income from the hire of our venue, canal boats and paddlesport services.**

Sign up to our [mailing list](#) [2] to stay in the loop and receive updates about our projects, services and events. You can unsubscribe at any time and we promise not to bombard you!

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**Source URL:** <https://thepiratecastle.org/upperdeckers-paddlesport-sessions-over-50s>

### Links

[1] <mailto:info@thepiratecastle.org> [2] <https://mailchi.mp/9793d310248d/tpclist>