The following local Canoe and Sup Clubs cater for beginners with Qualified coaches/leaders and have safe environments to assist new and experienced river users to progress.

**Maldon Canoe Club:** Contact via web page <https://maldoncanoeclub.co.uk/>

Welcomes new members and runs swimming pool sessions on the last Saturday of the month at South Woodham Ferrers Pool 6-7pm which is an ideal starting place to learn. We also have several Kayak & Sup Instructors who would be happy to help you. Progressing from there we run training and trips on the Chelmer Canal, licences are covered with our membership. We also have a strong sea kayaking section regularly paddling on our local estuaries. Coaches are highly qualified to national levels holding leadership awards in Sea white water and open canoes. Visit our webpage maldoncanoeclub.co.uk.

**Bramston Canoe Club:** info@bramstoncanoeclub.org

Bramston is a small friendly Canoe Club based in Witham, Essex. We are a very active Club, and our members paddle all year round in a wide range of canoeing and kayaking activities such as sea kayaking, open boating, white water, and surf. If you have never paddled before or just want to improve your roll, we have a safe and warm environment where you can practice and learn. We meet for pool sessions on Monday evenings 19:30 to 20:30 at Witham Leisure Centre, Spinks Lane, CM8 1EP for training and to arrange paddling trips. British Canoeing Instructors are ready to help you in every aspect of canoeing & kayaking. If you are under 18 years of age you must be accompanied by a parent or guardian at all times whilst in the pool

**Chelmsford Canoe Club:** www.chelmsfordcanoe club

Probably the longest running Canoe Club in Essex. We run beginner sessions for canoeing on the Chelmer from our clubhouse at Chelmsford. We have a large number of coaches and do regular trips along the Crouch & Blackwater Estuary and can progress beginners following the British Canoeing Award Scheme

**Frangipani SUP:**

We are probably the friendliest and most active SUP School in the Essex, and we are fully approved by the British Stand-Up Paddle Association (BSUPA). We are based in Maldon on the stunning Blackwater Estuary. Check out the Learn - Practise - Explore - Race - Instruct pages of this website for all the details and when you are ready to look at dates and book, please just hit the ‘Book Now’ button.  You will be redirected to our on-line booking partners at Eola.co

Learning to stand up paddle board takes place at one of three water tested lakes: at the Trifarm Swimming Lake in Boreham, Chelmsford, at Hadleigh Park reservoir in Benfleet and at Home Water Lake in Chigborough Farm, near Maldon.  You can use our equipment or bring your own.  **(Please note that you can only stand-up paddle board at these locations as part of pre-booked a Frangipani SUP activity, thank you.)**

If you are not sure about anything, or need help, just pick up the phone and one of our team of fully qualified BSUPA Instructors will be delighted to help you.  07597 094233.

Please like and follow us on [Facebook](https://www.facebook.com/FrangipaniSUP/) and [Instagram](https://www.instagram.com/frangipani_sup) and share the Frangipani SUP stoke with your family and friends!

Public Access Points Burnham Public Jetty, Burnham beach, Fambridge, Woodham Ferrers.