

NORDIC WALKING UPDATE...



THE SUFFOLK SCHOOL OF
**NORDIC
WALKING**

The Coddendam Centre,
Mary Day Close, IP6 9SR

The Suffolk School of Nordic Walking is delighted to be able to resume all activities from the end of March 2021, subject to any government guidance updates.

These include our weekly led walks, training courses and private lessons, as well as the resumption of our MONTHLY TASTERS. There is something for everybody, newcomers to experts, all ages and levels of fitness.

Wednesday 31st March at 9.45am. We resume with a **NEW Nordic Walkers Refresher**. Ninety minute technical update to get you back to the top of any previous training.

Saturday 10th April 2021 at 2pm. Nordic Walking TASTER. Our popular Tasters are outdoors and FREE but MUST be prebooked as we are limiting numbers for everyone's comfort and safety. Have fun and see what its all about!

Get Nordic Walking - Two x 90 minute sessions that will get you walking the Nordic way. Choose from 17th and 24th April at 2pm or 20th and 27th 12pm. We can mix days, subject to availability.

Nordic Walking Improvers - To build your initial training to the full ten steps of the INWA internationally recognised standard for Nordic Walking. Contact us for details.

Fully sanitised walking poles are provided, and social distancing protocols adhered to. Booking is easy by emailing nordic.walking@thecoddendamcentre.co.uk or calling Jane on 07801699786.

All walks will be circular and usually start from The Coddendam Centre.

Our Weekly Walks resume as follows:

Tuesday 6th April @ 9.45am.	Wellness Walk	Approx 3 miles	75 minutes
Saturday 10th April @ 9.45 am.	Weekend Walk	Approx 3 miles	75minutes
Monday 12th April @ 9.30 am.	Workout Walk	Approx 5 miles	90 minutes

We continue on Mondays, Tuesdays and Saturdays thereafter and at the moment, we won't be exceeding ten people at a time. We ask you in joining us in adhering to all precautions, but masks are not required whilst walking.

We have been working hard to find some lovely new local routes for our walks, such as Cretingham/Brandeston, Ashfield, the Fynn Valley, Levington and Debenham, all in the heart of Suffolk.

Once we can go further afield, we hope to include some longer and half day seaside /estuary walks to Shingle Street, Orford, Iken and Tunstall and Rendlesham forests; possibly including include a coffee stop or picnic lunch.

Walks can be bought individually or in blocks of 5 or 12.

Go to www.thecoddendamcentre.co.uk/nordic-walking for details.

You can now book all these events or contact us to discuss requirements, by calling or emailing nordic.walking@thecoddendamcentre.co.uk

We look forward to welcoming you for the first time or back again, to this whole-body exercise that continues to receive increased recognition for its fantastic benefits, whatever your age or fitness levels.

