

USE OF KAYAKS

You don't own kayak or paddle? No worries, members can use kayaks and paddles provided by Frisia. This way you can purchase your own material when you are ready for it!

Do you have your own kayak? Then you can use the kayak shed for storage! For this, the kayak must meet a few conditions.

K.V. FRISIA

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CONTACT

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www.kvfrisia.nl



OPENING HOURS

Wednesday 19:00 – 23:00

Sunday 11:00 – 15:00



K.V. FRISIA

KAYAK ASSOCIATION FRISIA

GENERAL INFORMATION



ABOUT FRISIA

At Frisia, sport and fun go hand in hand.

Ever since its foundation in 1948, the association consists of a very diverse group of people: from young to old and from top sport to kayaking for fun.

The Amsterdamse Bos is ideal for kayaking. The more than 11 km of waterways in the Amsterdamse Bos, together with the Bosbaan, the Ringvaart and De Nieuwe Meer, form the kayak area of our association.

TRAINING

Frisia offers an extensive range of training courses:

- General kayak training (Wed, Sun)
- Technique training for beginners (Mon)
- Strength & Condition training (Wed, Sun)
- Masterclass (dates vary)
- Youth training up to 18 years (Wed, Sun)

For information about specific times, mail to info@kvfrisia.nl.

FACILITIES

The clubhouse is in a beautiful location right next to the water and is equipped with an extensive kayak shed, changing rooms and showers.

In addition, there is a gym so that you can train specific muscle groups and stay fit during the winter.

Finally, you can always cool off at Frisia with a drink at the bar or share your stories during a game of pool.

JOIN US

You can easily become a member by filling in the registration form on the website www.kvfrisia.nl.

Here you will also find more information about the contribution fees.

TRY OUT FIRST

Would you rather first try and see if kayaking is something for you? No problem! At Frisia you can try kayaking the first few times without any obligations.

Come to the training sessions during opening hours or send an email to info@kvfrisia.nl for questions.

