

Recreational Sprint Boat Programs - Youth and Adults

Summer Day Camp ----- Canoe Kayak and Water safety



Learn the basics of paddling and boat safety in our fun and exciting camp. Arts & Crafts as well as some on-land games are also part of this unique camp experience. Campers usually have three on-water sessions a day. A highlight of the week is the Fun Regatta on Friday Afternoon of each week.

Monday - Friday 9 am - 4 pm
 Extended Care available
 8 one week sessions
July 3 - August 25
 \$160 each week,
 (\$125 Aug. long weekend)
Ages 5 - 13 years old

Canoe Kayak Recreation ----- Learn to Paddle Recreation Boats

Block 1 May 15 - June 29th
 Block 2 July 3 - August 18th
Youth 6 - 13 yrs old
Students / Adults 14+
 Mon & Thu 6:00-7:30pm

Learn the basics of canoe, kayak, Outrigger Canoe and Stand-up paddling. Participants move through skill progression as outlined in Canoe Kayak Canada's Program. Participants will learn how to enter / exit boats, proper paddling technique, and water safety.



Family FUNdamentals ----- Family Paddling (3+ Family Members)

Participants may paddle as a family in our crew boats or individually. We have boats for all ability levels. Participants use canoes, kayaks, Stand-up Paddle Boards, Outriggers. Program is similar to FUNdamentals.

Block 1 May 15 - June 29th
 Block 2 July 3 - August 18th
 Family Members must reside in the same household
Ages 5+ years
 Mon & Thu 6:00-7:30pm



Paddle ALL Recreation ----- Physically or Intellectually Challenged

June 13 - August 15th,
 Dates and times to be determined
Youth 6 - 13 yrs old
Students / Adults 14+
NOTE: We also have a competitive racing Paddle ALL program, (Para-canoe) for both Youth and Adults.

Participants use our boats that have adaptations needed for each paddler to be successful. Ratio is 1:1. As confidence and stability grows, other boats can be tried. Adaptations include special seats, pontoons, lightweight paddles.



Competitive Racing Programs - Youth and Adults

Crews - 2 Days a week



Athletes will learn the technique necessary to compete in our Olympic Style racing boats. They will participate in one of the local regattas. This is a great way to be introduced to the sport of Canoe Kayak Racing! Participants who wish to continue throughout the summer will have their fees prorated.

Tuesdays and Thursdays
Spring Schedule
 U14+ 3pm - 6pm
 U11 / U13 4:30pm - 6pm
Summer Schedule
 U11 / U13 9am - 1pm
 U14+ 9am - 1pm

Youth Competitive ----- Canoe Kayak Racing

Practices Daily
Spring
 U14+ 3pm - 6pm
 U11 / U13 4:30pm - 6pm
Summer
 U14+ 9am - 1pm
 U11 / U13 9am - 1pm

Athletes will learn the technique necessary to compete in our Olympic Style racing boats. Practices sessions will improve conditioning and includes both on-water and dry land sessions. Weight training is also included for our 14+ athletes. See website for Regatta dates.



Masters Competitive ----- Canoe Kayak Racing



Athletes will learn the technique necessary to compete in our Olympic Style racing boats. Practices sessions will improve conditioning and balance, as athletes progress through our stable boats. Highlight of the season is the Canadian Masters Championship in Welland. See website for Regatta dates.

25+ yrs old
 May 1 - August 25th
 Monday & Thursday 6 - 7:30 pm

NOTE: Masters can paddle at other times in the summer when the club is open, with Head Coach approval.