

Saturday Afternoon Paddles at the Pool (Canoe or Kayak)

Canoeing: Paddling Techniques

Kayaking: Bracing Improvement / Intro to Rolling / Rescues

Cost: \$8 Canoe and Kayak Club Member Rate
\$10 Non member rate

Note: Minimum of 4, maximum of 6 participants

ORCKA Certified Flatwater Canoe Levels A,B,C

The Flatwater Canoe course is designed to introduce the beginner or novice canoeist to paddling. The emphasis is on canoe handling, safety and other canoeing basics. This course will provide a solid opportunity for beginners to learn proper paddling skills and for the experienced to refine their skills. Upon completion of Levels ABC, participants will have mastered the fundamentals of canoeing and achieve a strong grounding in water safety and safe canoeing practices.

Levels A and B

Cost: \$55.00 Canoe and Kayak Club Member rate per session
\$60.00 Non-member rate per session

Note: Minimum of 4, maximum of 6 participants

Level C

Cost: \$55 C & K member rate per session
\$60 Non C & K member rate per session

Note: Minimum of 4, maximum of 6 participants

Paddle Canada Certified Flatwater Kayaking Course

The Paddle Canada Flatwater Kayaking Course is an introduction to kayaking for beginners. This course will also correct poor habits of novice and experienced paddlers. This 8 hour course begins with an overview of boats and equipment and provides all skills leading up to rolling. This course is the prerequisite for advanced kayaking in both sea kayaking and whitewater kayaking.

Cost: \$182.00 Canoe and Kayak Member rate
\$190.00 Non-member rate

Note: Minimum of 4, maximum of 6 participants

**** Dates to be determined.**

Call 223-1426 to confirm your interest so we can accommodate your requests.