

Kayak Level 1- Full Day

Age: 8Y - 15Y

Learn the basics of kayak and canoe techniques, boat handling and basic water safety as well as enjoy a variety of outdoor games and activities in this full day camp.

All equipment provided including PFDs.

5 Sessions:Fee: \$170
M-F8:30 AM-4:30 PM
#85372Jul 3-7
#85373Jul 10-14
#85374Jul 17-21
#85375Jul 24-28
#85377.....Jul 31-Aug 4
#85378.....Aug 14-18
#85379.....Aug 21-25

4 Sessions:Fee: \$136
Tu-F8:30 AM-4:30 PM
#85376Aug 8-11

Kayak Level 1 - Half Day

Age: 8Y - 15Y

Learn the basics of kayak and canoe techniques, boat handling and basic water safety as well as enjoy a variety of outdoor games and activities in this half day camp.

All equipment provided including PFDs.

5 Sessions:Fee: \$90
M-F8:30 AM-12:30 PM
#85380Jul 3-7
#85381Jul 10-14
#85382Jul 17-21
#85383Jul 24-28
#85385.....Jul 31-Aug 4
#85386.....Aug 14-18
#85387.....Aug 21-25

4 Sessions:Fee: \$72
Tu-F8:30 AM-12:30 PM
#85384Aug 8-11

Kayak Level 2 & 3 - Full Day

Age: 8Y - 15Y

Learn more advanced kayak strokes and skills. Enjoy an introduction to 2 and 4 person racing kayaks and canoes as well as outdoor games and

activities in this full day camp.

All equipment provided including PFDs. 5 days of Level 1 prerequisite.

5 Sessions:Fee: \$170
M-F8:30 AM-4:30 PM
#85388Jul 10-14
#85389Jul 17-21
#85390Jul 24-28
#85392.....Jul 31-Aug 4
#85393.....Aug 14-18
#85394.....Aug 21-25

4 Sessions:Fee: \$136
Tu-F8:30 AM-4:30 PM
#85391Aug 8-11

Kayak Level 2 & 3 - Half Day

Age: 8Y - 15Y

Learn more advanced kayak strokes and skills. Enjoy an introduction to 2 and 4 person racing kayaks and canoes as well as outdoor games and activities in this full day camp. All equipment provided including PFDs. 5 days of Level 1 prerequisite.

5 Sessions:Fee: \$90
M-F30 AM-12:30 PM
#85395Jul 10-14
#85396Jul 17-21
#85397Jul 24-28
#85399Aug 31-Sep 6
#85400.....Aug 14-18
#8541Aug 21-25

4 Sessions:Fee: \$72
Tu-F8:30 AM-12:30 PM
#85398Aug 8-11

Kayak - Accelerated Learn To Kayak

Age: 19Y+

As Level 1, learn basics of kayak stroke technique and balancing skill in various types of recreational kayaks as well as water safety. Fee includes all equipment. Kayaking is a great activity to build fitness.

2 Sessions:Fee: \$89
Sa-Su9:00 AM-2:00 PM
#85578Jun 24-25

Kayak - Learn to Kayak Level 1

Age: 19Y+

Learn basics of kayak stroke technique and balancing skill in various types of recreational kayaks as well as water safety. Level 1 will teach participants the proper holding of the paddle, sitting position and movement of your body to propel a kayak efficiently. Participants will learn skills for maneuvering with and without a rudder and the 'Tip, Turn and Tow' safety skill, all the while using the most stable kayaks. Fee includes all equipment. Kayaking is a great activity to build fitness.

4 Sessions:Fee: \$79
Tu, Th6:30 PM-8:30 PM
#85572Jun 20-29
#85573Jul 11-20
#85574Aug 1-10

Kayak - Learn To Kayak Level 2

Age: 19Y+

Learn advanced kayak stroke technique and balancing skill in various types of recreational kayaks as well as water safety.

Level 2 will teach participants more advanced propulsion with the use of legs and trunk twist (learning to paddle for hours without feeling exhausted). Participants will use less stable recreational kayaks and top models of paddles. This program will prepare paddlers to deal with adverse weather conditions in a kayak. Fee includes all equipment.

Kayaking is a great activity to build fitness.

4 Sessions:Fee: \$79
M, W6:30 PM-8:30 PM
#85576Jul 10-19
#85577.....Aug 14-23

Location:

Whonnock Lake Boathouse

Presented by:

Ridge Canoe & Kayak Club