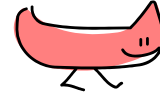


The Gananoque Canoe Club
2010 Summer Programs
Ages 8 to 80



Youth Introduction to Sprint Canoe and Kayak

An after school introduction to the sport of sprint canoe-kayak racing. Our Coaching staff will introduce your child to the basics in single and team boats.

Monday June 7th – Friday June 18th weekdays 3:30 pm until 5:30 pm

Cost- \$50.00 per child

(\$25.00 will go towards seasons membership if the child joins the competitive summer program)

Canoe Kids Day Camp- 1 week day camps

Using the Canoe Kids program developed by Canoe Kayak Canada this is an introductory skills development program. The program focuses on the development of flatwater canoe and kayak skills in a safe, fun and team building atmosphere.

July 12th – July 16th – 9am – 4pm

July 26th – July 30th – 9am- 4pm

August 9th – 13th – 9am-4pm

Cost - \$125.00 per child per week (Plus \$ 9 yearly insurance fee)

Youth Competitive Summer Program

Our traditional youth program, we offer 7 weeks of canoe and kayak training to youth membership. This is a competitive Sprint Canoe/Kayak program open to experienced and inexperienced paddlers aged 8-16 Children train in a group environment where they learn to paddle racing canoes and kayaks: singles, doubles and fours, as well as war canoe. Off-water games and other activities are also included which place emphasis on fun, fitness, participation, and skill development. Daily attendance is not mandatory, but the fitness and technical development opportunity will build a strong base for the rest of the season.

Athletes will have the opportunity to compete in age class local regattas and at the Provincial Championships if desired. The 2010 regatta schedule is available on our website.

July 5th – August 21st – Weekdays 10am – 3pm (additional practice times at discretion of coach)

Cost - \$400.00 single member, \$300.00 second family member, \$800.00 total for 3 or more

Before and after care available- \$25.00/week

Lunch Supervision -\$50.00 for the summer or \$2.00/day

Spring Training for registered members after school weather permitting starting May 25th - \$25.00

Family and Adult Paddling

In promotion of being active for life the Gananoque Canoe club offers adult and family oriented paddling opportunities.

Social Membership for Adults – Tuesday and Thursday Evenings - \$150.00, start date TBA

Family Night Paddling- One evening per week six-week program starting in July.

**TRUE
SPORT
LIVES HERE**

The Gananoque Canoe Club is a True SpOrt Organization . We promote the True SpOrt principles :
Go For It Play Fair Respect Others Keep it Fun Stay Healthy Give Back

To Find Out About Registration Opportunities visit www.gananoquecanoeclub.ca

Or Call Stacy Wilson, Commodore, at 613-382-0012 for more information