

On-Water Sessions

Paddling Improvement Series

All Paddling Improvement Lessons Have A Prerequisite: Must have a Paddle Canada Basic certificate. Or the equivalent skills, including participation in rescue practice. **\$115-\$164 per lesson**

Stroke Improvement & Development #1

Fri Jun 19th 6:00-9:00pm & Fri Jun 26 6:00-9:00pm

These 3 hour Summer solstice sunset paddle sessions will build on existing strokes, as well as developing new skills and strokes. The exact content will be based on the needs, interests and goals of the group members, and will include various strokes from the following categories: *Forward Strokes; Turning Strokes; Bracing; Rudder Strokes ; Draw strokes.*

This is an excellent session for preparing for the strokes required as an intermediate paddler or for taking the Paddle Canada level 2 certification.

Rescues Improvement & Development

Saturday 20th Jun 9:00-11:30

This session is for anyone wanting to work on rescues as either a swimmer, a rescuer or ideally as both. Participants will be provided with opportunities for improving existing rescue techniques as well as developing new skills and strategies.

Likely this session will include various types of rescues from the following categories: *Solo rescues; Assisted rescues; Bow rescues*

Instructional Day paddle and skill development

Sunday Jun 28th & Sunday Aug 02nd 9:00am-3:30pm

This will be a full day's journey focused on paddling together and will include learning and skill-building opportunities throughout the day.

Exact location will be determined closer to the time based on weather, logistical and environmental factors. We have several exciting and interesting options, and each will be carefully considered.

Start location will ***be a 30-90 mins*** drive from CVK.