

The Ridge Canoe & Kayak Club has been operating aquatic sports programs on Whonnock Lake since 1982. We offer programs to all levels, generally starting at the age of 8 years old, and ranging all the way up to 80+ years. Our youth programs include introductory summer camps and spring classes (introducing athletes to basic paddling skills and water safety) Competitive well as racing as programs.

> Ridge Canoe and Kayak Club Boathouse is located at the back of the Whonnock Lake Community Centre 27871 - 113th Ave., Maple Ridge (park at the beach)



Check out our website www.rckc.ca

Ridge Canoe and Kayak Club Whonnock Lake, Maple Ridge



SCHOOL, BUSINESS, COMMUNITY GROUPS May – September

contact RCKC Program Coordinator program_coordinator@rckc.ca

Business or Community Group Dragon Boat Team Building

Ages 19 yrs +

This RCKC program is for groups of people who wish to experience team building through dragon boat paddling. No previous paddling experience is necessary. Fee includes instruction, all equipment and insurance. This program requires a minimum number of 14 paddlers and a maximum number of 20.

Fee \$300/session

Contact program_coordinator@rckc.ca to arrange date and time



Canoe & Kayak Safety Course Schools and Community Groups

Ages 9-18 yrs

The Canoe & Kayak Safety Program is a fun oriented course designed to teach elementary and high school students, as well as community groups, basic boating skills and recreational water safety.

The students will see nature at its best with beavers, eagles, loons, and fish on a calm lake with fresh air. Each child will take with them an appreciation of the outdoors and participate in a sport that is easy and fun for everyone.

This program is designed to provide school groups with new activities within the B.C. school physical education curriculum as well as being a popular end-of-the-year field trip activity for all grades.

Fee \$15/participant child/youth \$20/accompanying adult Contact <u>program_coordinator@rckc.ca</u> to arrange date and time

Business or Community Groups Kayak and/or Canoe Session

Learn to Kayak or Canoe in a fun, safe environment. Program fee includes instruction, all equipment and insurance.

Fee: \$20/particpant 19 yrs+ \$15/particpant child/youth

Contact <u>program_coordinator@rckc.ca</u> to arrange date and time

