



**Ridge Canoe and Kayak Club boathouse is located at the back of the Whonnock Community Centre building at 2871 - 113th Ave., Maple Ridge, BC (park at the beach)**

### Masters Fitness Kayaking

**Age: 19 Years and Up**

This program is for participants with previous paddling experience who are interested in a paddling fitness program. The minimum requirement is completion of the RCKC "Adult Learn To Kayak" program or a demonstration of equivalent paddling experience. Light Marathon Master sprint boats will be used to teach the course, so you must be able to balance these boats to participate. All equipment is provided by RCKC.

Coach: Ken Muir

April - September

Location: Boathouse at Whonnock Lake

**Fee: \$395 (3 practices/week)**

Tues & Thurs 6:00pm - 8:00pm

Sat 12pm - 2:00pm



### Competitive Paddling Programs

RCKC is the largest competitive sprint paddling club in BC. RCKC athletes compete successfully at regional, provincial, national, and international competitions. Our certified coaches work with the athletes to develop their speed, endurance, strength and power. Nutrition, goal setting and sport psychology sessions are often incorporated into training.

### Seniors Competitive Program

**Age: Various Years**

**Fee: \$895 (8 practices/week)**

Coach: Peter Majewski, Certified Level 3 NCCP Coach

April-June, September practice schedule:  
(8 practices/week)

Mon/Fri 6:30-7:30am and 4:00-6:30pm

Tues/Thurs 4:00-6:00pm

Wed 6:30-7:30am

Sat 9:00am-12:30pm or regatta

July-August practice schedule:

(6 practices/week)

Mon-Fri 10:00am-4:00pm

Sat 9:00am-12:30pm or regatta

### Juniors Competitive Program

**Age: Various Years**

**Fee: \$645**

Coach: Peter Majewski, Certified Level 3 NCCP Coach

April-June, September practice schedule:  
(5 practices/week)

Mon 4:00-6:00pm

Tues 4:00-6:00pm

Thurs 4:00-6:00pm

Fri 4:00-6:00pm

Sat 9:00am-12:30pm or regatta

July-August practice schedule:

(6 practices/week)

Mon-Fri 10:00am-4:00pm

Sat 9:00am-12:30pm or regatta

### Junior Development Program

**Age 9-14 Years**

**Fee: \$375 (3 practices/week)**

Coach: Gill Fedechko, Certified Canoe Kids Coach

Tues & Thurs 4:00pm- 6:00pm

Sat 9:00am - 11:00am

### Dragon Boat

**Age: 19 Years and Up**

RCKC's adult dragon boat team is "Dragon Ridge." Meet other enthusiastic paddlers while you are paddling for fitness or for competitions.

**Fee: \$291 (2 practices/week)**

Optional: \$15/drop in (includes insurance)

Tues & Fri 6:00pm - 7:30pm

**For further information, contact Sherry Hunt at [sherry\\_hunt@rckc.ca](mailto:sherry_hunt@rckc.ca) or phone (604) 462-1296**



### Dragon Boat Plus+

**Age: 19 Years and Up**

Dragon Boat Paddlers can also paddle recreational kayaks and canoes with the Masters Fitness group.

**Fee: \$391 (4 practices/week)**

Tues/Fri 6:00pm - 7:30pm dragon boat

Thurs 6:00pm - 8:00pm kayak/canoe

Sat 12:00pm - 2:00pm kayak/canoe

**To register for or obtain further information on Competitive Programs, Masters Fitness Kayaking, or DragonBoat Plus+, contact [program\\_coordinator@rckc.ca](mailto:program_coordinator@rckc.ca)**

**Program fees for Competitive Programs, Masters Fitness Kayaking, Dragon Boat and Dragon Boat Plus+ cover training from April 1 to September 30, 2012**

Check out our website  
[www.rckc.ca](http://www.rckc.ca)



## Ridge Canoe and Kayak Club

Whonnock Lake, Maple Ridge

### Kayak/Canoe Beginner Sprint Racing Ages 9-13 years

Have fun and participate in competitive kayak/canoe sprint racing. Proper paddling posture, stroke technique, coordination, and balance in kayaks and canoes will be taught to participants. Team boats and individual racing boats are provided.

Location: Boathouse at Whonnock Lake

Fee: \$120 for 12 lessons

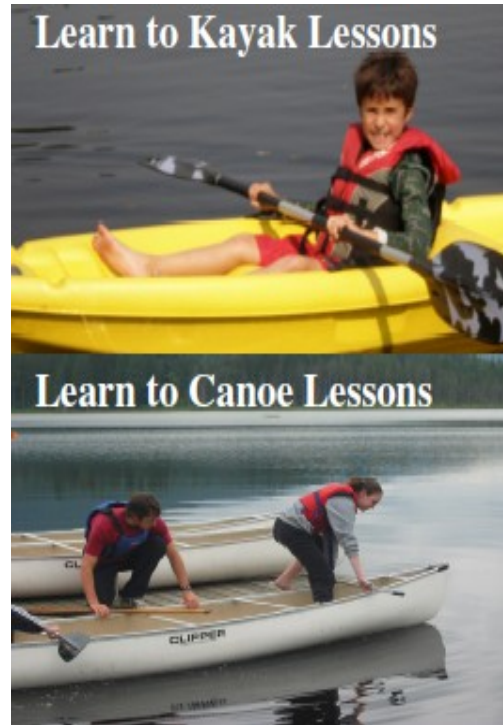
- Mon, Wed May 14 - June 20  
6:00 – 7:30 pm #166949
- Tues, Thurs May 15 - June 21  
6:00 – 7:30 pm #166950

Register through Maple Ridge  
Park & Recreation



For further information on all programs  
please contact RCKC Program Coordinator:  
program\_coordinator@rckc.ca

Check out our website  
[www.rckc.ca](http://www.rckc.ca)



## Spring Recreational and Competitive Programs

### Adult Learn to Kayak or Canoe "Introduction Level"

Age: 19+yrs

Learn to kayak in a fun and safe environment. Posture, stroke technique, coordination and balance in kayaks will be taught. Kayaking is a great activity to build aerobic and muscular fitness. Upon completion of this course, participants can join the Masters competitive or fitness program to continue to develop their skills and fitness.

Location: Boathouse at Whonnock Lake

Fee: \$109.76 for 4 sessions

- Mon & Wed May 21 - 30  
6:30-8:00 pm #166943
- Mon & Wed Jun 4-13  
6:30-8:00 pm #166944

Fee: \$109.76 for 2 sessions

- Sat & Sun May 26-27  
1:30-4:30 pm #166945
- Sat & Sun June 2-3  
1:30-4:30 pm #166946
- Sat & Sun June 9-10  
1:30-4:30 pm #166947
- Sat & Sun June 23-24  
1:30-4:30 pm #166948

Register through Maple Ridge  
Park & Recreation

### Kayak/Canoe Introduction .

Ages 9-13 yrs

Learn to kayak and canoe in a fun, safe and enjoyable learning environment. Basic skills of water safety, posture, stroke technique, coordination, and balance in recreational kayaks and canoes will be taught and all equipment is provided. Participants can practice the skills they have learned in a fun regatta held at Whonnock Lake on Saturday, June 23. Upon completion of this course, participants can join the RCKC Beginner Sprint Racing Program to learn new skills and increase their fitness level.

Location: Boathouse at Whonnock Lake

Fee: \$95 for 12 lessons

- Mon, Wed May 14 – June 20  
6:00 – 7:30 pm #167047
- Tues, Thursday May 15 – June 21  
6:00 – 7:30 pm #167048

Register through Maple Ridge  
Park & Recreation

## 2012 RCKC SPRING PROGRAMS

Register through  
Maple Ridge Parks & Recreation  
Online Registration [www.recreg4u.ca](http://www.recreg4u.ca)  
Phone-In Registration  
Tel: 604 465-2470  
Monday to Saturday 8:00am to 8:30pm  
& Sunday 9:30am to 7:30pm

**Registration begins April 1st**

### Children, Youth, Teen

- Participant must bring clothes suitable for water activity and weather, hat and sunscreen.
- Participant must be able to understand all instructions regarding safety on the water in English
- Parent or legal guardian of participant must complete and sign CANOEKAYAK BC 2012-13 Individual Membership form and RCKC Health Form downloaded from website [www.rckc.ca](http://www.rckc.ca). Forms also available first day of class.

### Adults

- Participant must bring clothes suitable for water activity and weather, hat and sunscreen.
- Participant must be able to understand all instructions regarding safety on the water in English.
- Participant must complete and sign CANOEKAYAK BC 2012-13 Individual Membership form and RCKC Health Form downloaded from website [www.rckc.ca](http://www.rckc.ca). Forms also available first day of class.

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