

Family Kayak/Canoe Paddling

Ages: 6 yrs and up

The RCKS paddling course is a great way to introduce your family to recreational canoe and kayak paddling. Fee includes all equipment and instruction.

Fee: \$140/family max. 4 people (8 sessions)

Tuesdays & Thursdays: 6:30 - 8:00 pm

July 3-26.....#169365

July 31-Aug 23.....#169366



Kiddie Kayak/Canoe

Ages: 6-9 yrs

This is a great, non-competitive way to introduce young children into the sport of canoe/kayak. Instructors accompany children in boats to provide guidance and supervision; beginners are kept close to shoreline where watchful eyes (and arms) are handy. The paddlers are divided into groups of six with two instructors.

Fee: \$56 (4 sessions)

Tuesday & Thursday 10:00-11:00 am

July 3-12.....#169349

July 17-26.....#169350

July 31-Aug 9.....#169351

Tuesday & Thursday 11:15am-12:15pm

July 3-12.....#169352

July 17-26.....#169353

July 31-Aug 9.....#169354



Teen Canoe & Kayak Boot Camp

Ages: 13-15 yrs

Do you want a challenge? Want to get fit, but would like to do it in a new way? Come and try the new RCKC Teen Canoe & Kayak Boot Camp. Workouts consist of one-third land activities and two-thirds water activities such as canoe/kayak paddling. If you are an athlete or a teen that enjoys a physical challenge, come and try this challenging program. You are sure to see results! A healthy snack is offered at the end of each class.

Fee: \$98 (8 sessions)

Mon & Wed: 10:00am - 12:30pm

July 9 - Aug 1.....#169386

Teen Canoe & Kayak Summer Camp

Ages: 13-15 yrs

Come and enjoy canoe and kayak paddling at Ridge Canoe and Kayak Club in a fun and safe environment on Whonnock Lake. Camp includes a variety of kayak and canoe recreational paddling equipment. RCKC provides adaptive equipment to allow teens of all abilities to participate in this program.

Fee: \$96 (4 sessions)

Mon - Thurs: 10:00 am - 2:00pm

July 23-26#169383

July 30-Aug 2#169384

Aug 13-16#169385

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



Check out our website
www.rckc.ca

Ridge Canoe and Kayak Club

Whonnock Lake, Maple Ridge



2012 Summer Programs

Register through Maple Ridge
Parks and Recreation at
www.recreg4u.ca or
phone: 604-465-2470

For further information on all programs
Please contact RCKC Program
Coordinator
program_coordinator@rckc.ca

Canoe & Kayak Kids Summer Camp

Ages: 9-14 yrs

Come and enjoy kayak and canoe paddling at RCKC in a fun and safe environment on Whonnock Lake. Stay for the morning or stay all day! Canoe Kids summer camps include a variety of outdoor games and activities. Participants who complete this program will receive their Canoe Kids 'Bronze Blades' certification. RCKC uses adaptive equipment to aid participants of all abilities to experience paddling.

Mon - Fri: 8:30am-4:30pm

Fee: \$195 (5 day week)

July 9-13.....#169374
 July 16-20.....#169375
 July 23-27..... #169376
 July 30-Aug 3.....#169377
 Aug 13-17.....#169378

Fee: \$156 (4 day week)

July 3-6.....#169379
 Aug 7-10.....#169380

Half Day Camps

Mon-Fri: 8:30am-12:30pm

Fee: \$120 (5 day week)

July 9-13.....#169369
 July 16-20.....#169370
 July 23-27.....#169371
 July 30-Aug 3.....#169372
 Aug 13-17.....#169373

Fee: \$96 (4 day week)

July 3-6.....#169381
 Aug 7-10..... #169382



Register through Maple Ridge Parks and Recreation at www.recreg4u.ca or phone: 604-465-2470

Beginner Canoe & Kayak Sprint Racing

Ages: 9-13 yrs

This RCKC program is for participants who have enjoyed recreational canoe and kayak paddling and would like to try competitive sprint kayak/canoe racing. The program fee includes club membership, coaching fees, regatta fees, and all equipment (Insurance fees are not included - U12 at \$15, U14 at \$25). Participants will be given the opportunity to race in regattas at Whonnock Lake on the weekends of August 4-5 and September 29-30.

Fee \$255 (19 sessions)

Mon & Wed.....6:00-8:00pm
 July 4-Aug 15, Sept 5-26.....#169367

Adult Learn to Kayak "Introduction Level"

Ages 19+

Learn to Kayak in a fun, safe environment. Posture, stroke technique, coordination and balance in kayaks will be taught. Kayaking is a great activity to build aerobic fitness without straining your knees. Come and paddle various types of recreational kayaks and learn the basics of water safety. This course will help develop excellent foundations for recreational kayaking, kayak tours and expeditions. Fee includes instruction, all equipment and insurance.

Fee: \$109.76 (4 sessions)

Mon/Wed.....6:30-8:00pm

July 9-18.....#169356
 July 23-Aug 1.....#169357
 Aug 6-15.....#169358

Fee: \$109.76 (2 sessions, intensive course)

Sat & Sun.....1:00pm-4:00pm

July 7-8.....#169359
 July 21-22.....#169360
 Aug 11-12.....#169361
 Aug 18-19.....#169362

Competitive Paddling Program

RCKC boasts one of the best competitive paddling teams in Western Canada, with athletes competing successfully at events across North America including National and International competitions. Our certified coaches work with the athletes to develop their speed, endurance, strength and power in a fun and safe environment. Competitive athletes can qualify for funding assistance based on performance levels which can be used for training, equipment or travel expenses. Nutrition, goal setting and sport psychology sessions are often incorporated into training camps. Year round training is provided and we are often on the water through the winter months, giving our athletes an advantage over the rest of the country. Whether traveling throughout BC, the country, or the world, you will make many friends in a sport which can be enjoyed for life.

To register or for information on Competitive programs contact program_coordinator@rckc.ca



Adult Kayak Fitness Ages 19+

Enjoy a fun, safe and challenging fitness program for adults in the sport of kayaking. The minimum requirement to join this program is completion of the Adult Learn to Kayak "Introduction Level" or equivalent experience. Fee: \$110 (8 sessions)

Tues & Thurs.....6:00-8:00pm
 July 3-26.....#169363
 July 31-Aug 23.....#169364