



Welcome to Flatwater Yukon

We actively promote and provide opportunities to enjoy, participate and excel in flatwater paddle sports for all Yukoners

www.flatwateryukon.ca

Adult Training Program

When	6:30 – 8:00 pm	Wednesday
Where	Schwatka Lake boat launch day use area	Km 3.6 on the Chadburn Lake Rd Map https://goo.gl/maps/9L1Ec

Thank you for enrolling with Flatwater Yukon Adult Training Program. This training will include coaching sessions in competitive canoe or kayak training, including marathon canoe. We are looking forward to paddling with you!

Equipment List

In order to have happy paddlers in the Yukon please remember dressing in layers and having extra clothing is essential in preparation for extreme temperature changes.

What to Bring:

- A healthy snack
- Water bottle
- Swim Suit
- Warm Clothes (long pants, warm sweatshirt, jacket)
- Extra set (or two) of dry clothes
- Water Shoes or sandals
- Running shoes for dry-lands games
- Hat
- Sunscreen
- Sunglasses
- Towel
- Rain jacket & pants

What NOT to bring:

- Pop
- Glass containers
- iPods or video games. Electronics and water don't mix very well. You'll be having too much fun anyway!
- Money or other valuables. It's a long way to the bottom of the lake if you lose it! FPY does not take responsibility for lost or stolen items
- Weapons (real or fake). They're just not fun.

Brianna Hartness, Head Coach, 306-540-8782

