



Welcome to Flatwater North

www.flatwaternorth.ca

Regatta Ready

When	9 am - 4 pm	Monday to Friday (except holidays)	Drop off and pick up within 15 minutes of start and end time
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 North Regatta Ready Program. Each session has the possibility for the athletes to travel, with the coach, to compete in an official regatta in the south. We will contact all registered participants prior to the session start date to discuss whether participant will be attending and provide travel details. We look forward to paddling with you!

Friday Paddle

On the first Friday of each session, parents are invited to an optional paddle and BBQ in the afternoon, any time after 1:00 pm (equipment provided). The athletes will have been working hard all week learning new skills and will be eager to share with you what they have learned. A complimentary BBQ starts at 3:00 pm for you to share in hamburgers and hotdogs with your children! Feel free to bring something to share. Looking forward to seeing you out on Friday!

Equipment List

As programs run rain or shine, in order to have happy athletes in the Yukon please remember to dress in layers and have extra clothing in preparation for extreme temperature changes. Remember, participants will be active all day so they will need lots of food to keep their energy level high.

What to Bring:

- A healthy snack and lunch
- Water bottle
- Swim Suit
- Extra set (or two) of dry warm cloths
- Water shoes or sandals
- Running shoes for dry-land games
- Hat
- Sunscreen
- Sunglasses
- Towel
- Rain jacket & pants

What NOT to bring:

- Pop
- Glass containers
- iPods or video games. You will be having too much fun anyway!
- Money or other valuables. FPN does not take responsibility for lost or stolen items
- Weapons (real or fake)



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