

Proposed Summer Programming 2017

Canoe Kids Camps

Ages: 8 to 13

Dates: 9 weeks available starting June 19

Hours: Monday – Friday 9 am – 4 pm

Price: \$275 for one camper, \$250 for additional campers of same family

June 19-23

June 26-30

July 4-7

July 10-14

July 17-21 Watson Lake

July 24-28

July 30-Aug 4

Aug 7-11

Aug 14-18

Canoe Kids is a fun-filled day camp experience focused on all aspects of safe flatwater paddle sports. Campers aged 8 to 13 years old will be introduced to canoeing, kayaking, dragon boating, water safety, swimming, field sports as well as cooperative games and activities. No experience necessary.

Throughout the week campers will explore Schwatka Lake with certified Canoe Kids instructors. Along with their peers, campers will have a great time challenging their own abilities while developing self-confidence and team-work skills. The week finishes with an afternoon paddle session with parents, a BBQ and certificate presentation.

Regatta Ready Sprint Program

Ages: 10 to 16

Dates: Session 1: June 19-July 3 & Canada Day Regatta in Regina (July 1-3) Cost \$300

Session 2: July 10-23 & Western Can Championships Regatta in Calgary (July 22-23) Cost \$300

Session 3: Aug 14-18 with Yukon Championship Regatta Whitehorse (Aug 19) Cost \$150

Hours: Full-day training camp 9 am – 4 pm

Cost: Cost for regatta will be shared by Flatwater Yukon and athletes, fundraising opportunities available

Coach: Fearghus Vincent, Competitive Development Level Coach and former provincial team sprint paddler

Regatta Ready is a two-week full day training camp for athletes aged 10 to 16 who want to train to compete in sprint canoe-kayak. Each session ends with a regatta for the athletes to put their skills to practice. Cost for regattas will be shared by Flatwater Yukon and families with the possibility of fundraising.

Throughout the training camp the paddlers will progress through and beyond the basic skills of sprint

paddling and learn competitive paddling skills and the rules for sprint canoe kayak. Paddlers will learn about water safety rules for sprint boats, how to balance, paddle, and train in sprint kayaks and canoes. Participants will be lead through on and off water training sessions. Each session they will do a warm up, practice/work out and cool down.

This program will set paddlers up with all the necessary skills to paddle canoes and kayaks competitively in both singles and crew boats. The goal is to teach good training habits and a love for being outdoors and on the water.

Sprint Training Session

Sprint Canoe-Kayak Training Sessions are for athletes interested in competing in sprint canoe-kayak. Training sessions include paddling skill development, fitness, nutrition and racing technique.

Ages: 11 to 21

Hours: Monday – Wednesday – Thursday 4:30-6:30 pm

Dates: Session 1: May 8 – June 2

Session 2: June 5 – June 30

Session 3: July 3 – July 28

Cost: \$200 per session

Athletes who participate in Sprint Training Sessions may be eligible to participate in regattas outside or the Canada Games.

Yukon Championship Regatta – August 19, 2017

All programming is located at Schwatka Lake Boat launch on the Chadburn Lake Road. Check the website for more exciting programming throughout the summer