



IT'S BACK....

YOUTH KAYAKING

For: Children between 8 and 13 years old who wish to discover the action of kayaking.

Cost: **\$ 35 Maximum 10 people**

Content: This novel activity provides the opportunity of self discovery/education experience; learning the skill of independence. Topics will include basic paddling skills, boat safety plus we will play some kayaker games. Bring a change of clothes and for those under 100lbs bring your own lifejacket.

Tue Aug 21 08:30 - 10:00 @ Swan Park (8, 9,10yrs)

Tue Aug 21 10:00 - 11:30 @ Swan Park (11,12,13yrs)

YOUTH STAND-UP PADDLING CLINIC

For Children between 10 and 13 years old who wish to discover the mystery of Stand-up Paddling.

Cost: **\$ 35 Maximum 10 people**

Content: A gradual progression program that will have kids soon "standing on top of the world." After the skill development stage, we have SUP games that brings fun and laughter to every face.

Tue Aug 21 12:00 - 1:30 @ Swan Park (8, 9,10yrs)

Tue Aug 21 1:30 - 3:00 @ Swan Park (11,12,13yrs)

STAND-UP PADDLING CLINIC

Whether you would like to give Stand Up Paddle boarding a first try or wish to further your skills; our qualified and experienced instructor will help you learn this unique sport; board selection, paddling skills & ensure that you will have a great time! As a bonus: SUP helps with your core balance, posture and is a great workout.

Teens

Cost: **\$ 40 Maximum of 6 people**

Tue Aug 21 3:30 - 5:30 @ Swan Park

Adults

Cost: **\$ 45 Maximum of 6 people**

Tue Aug 21 5:30 - 7:30 @ Swan Park

Backwater Paddling can outfit all participants with boats, paddles, lifejackets (*over 100 lbs*). Personal equipment is welcomed.

For more information please contact LeEtta LaFontaine at 250-699-1065 or to pre-register visit the Village Office at 210 Carrier Crescent.