

**Register online at  
[www.cpcanooclub.com](http://www.cpcanooclub.com)**

### **Summer Camps**

#### **Canoe Kids – Weekly Summer Camp \$160**

Ages 6 to 12 years old

7 weekly sessions beginning July 2

Monday . Friday 9:00 am . 4:00 pm

- Introduction to basic canoe/kayak skills, dragon boating, water safety, arts & crafts, soccer, movies, swimming and games
- Pre/post . care available

#### **Regatta Ready – Weekly Summer Camp \$160**

Ages 10 to 14 years old

7 weekly sessions beginning July 2

Monday . Friday 9:00 am . 4:00 pm

- Weekly pre-competitive program for young paddlers looking for more of a challenge than Canoe Kids but who aren't yet ready to commit to a competitive program
- Introduction to canoe/kayak skills, dragon boating, water safety, with a progression towards participation at a weekend regatta
- Additional activities include basketball, beach volleyball, road hockey, badminton and swimming
- Participation in regattas is not required
- Pre/post . care available

The **Carleton Place Canoe Club (CPCC)** is a non-profit organization with over 100 years of history. Managed by volunteers, we offer a variety of paddling programs which are designed to promote a positive self-image, an appreciation for the sport and the spirit of cooperation and fair play. Our programs provide a group environment where beginner and experienced paddlers can develop skills in all boats, singles, doubles, fours, as well as war canoe and dragon boats. Competitive programs provide the opportunity for all ages to compete in regattas throughout the region, right up to a Provincial and National level.

## **CARLETON PLACE CANOE CLUB**

**613.257.1838**

**[info@cpcanooclub.com](mailto:info@cpcanooclub.com)**

**[www.cpcanooclub.com](http://www.cpcanooclub.com)**

**“The students thoroughly enjoyed the day...but they had one complaint, they didn't want to leave!”**

# **CARLETON PLACE CANOE CLUB**



**“SOMETHING FOR  
EVERYONE”**





## Introduction Programs

### **Learn to Paddle - \$50**

Ages 8 and up

June 4 - 25: Monday 6:00 pm - 7:00 pm

- Open to new members who learn basic canoe/kayak and dragon boat skills and techniques from qualified coach
- Emphasis on having fun

### **Paddle All/Paracanoe - \$75**

Ages 8 and up

June 4 - August 16: Monday 6:30 pm - 8:00 pm

- Paddle All/Paracanoe is aimed at providing individuals with disabilities the opportunity to participate in the sport of Canoe/Kayak
- Introduction to basic canoe/kayak, dragon boat and water safety

## Kids Programs

### **Jr. Non-Competitive - \$400/season**

Ages 10 to 14 years old

July 2 - August 17: Monday - Friday 9:00 am - 4:00 pm

- Introduction to canoe/kayak skills and water safety
- Designed to enhance skills in the sport without participation in competitions
- Pre/post-care available

### **Competitive - \$450\*/season (regatta fees included)**

Ages 8 to 14 years old

May/June: after school/weekend session available

July 2 - August 17: Monday - Friday 10:00 am - 3:00 pm

- Designed for youth who are interested in canoeing, kayaking and dragon boating at a competitive level
- Participation in regattas is expected
- Summer schedule includes one small boat and one war canoe/dragon boat or crew boat per day
- Emphasize on fun, fitness and participation
- Registration includes **regatta fees** and fall training (limited space available)

## Youth Programs

### **Team Boat - \$200/season**

May 7 - August 17: Monday/Wednesday 6:00 pm - 7:30 pm

- Designed for those who want to limit their participation levels to more of a team atmosphere
- Training sessions in war canoe, dragon boat and crew boats
- Participation in regattas is expected

### **Non-Competitive - \$450/season**

Ages 15 to 16 years old

July 2 - August 17: Monday - Friday 9:00 am - 12:00 pm

- Introduction to canoe/kayak skills and water safety
- Designed to enhance skills in the sport without participation in competitions
- Participation in regattas is available
- Participants can take part in our Team Boat program

### **Jr. High Performance \$625\*/season (regatta fees included)**

May 1 - August 17: Up to 10 sessions per week

- Designed for athletes who are looking to start training harder with goals of improving general skills in sprint canoe/kayak
- Training requirements include dry land and war canoe participation
- Participation in regattas is expected
- Registration includes **regatta fees** and fall training

### **High Performance - \$725\*/season (regatta fees included)**

- May 1 - August 17: 10 sessions per week
- Designed for athletes competing at the national/international level
  - Registration includes **regatta fees** and fall training

\*Comp./JHP/HP program required to purchase \$50 in raffle tickets. Maximum 2 per family.

## Adult Programs

### **Adult Dragon Boat - \$150/season**

Ages 19 and up

June 6 - September 11: Wednesday 6:00 pm - 7:00 pm

- Introduction to dragon boat skills and water safety
- Emphasis on fun, fitness and promoting a healthy lifestyle

### **Adult Canoe/Kayak - \$200/season**

Ages 25 and up

May 1 - August 16: Tuesday/Thursday 6:30 pm - 8:00 pm

- Program offers competitive and recreational opportunities for everyone
- Sessions in kayaks, canoes and war canoe
- Excellent way to improve fitness, in a safe and knowledgeable environment
- Participants may join either the Adult Dragon Boat program or an additional canoe/kayak session on Wednesday for an extra \$100

### **NEW this Summer!**

Stand up Paddle (SUP) opportunities for our members, including:

- Intro classes
- Paddle Fit classes
- Paddle Yoga classes

