



2011 Sample 2 Week Paddling program

(program subject to change with enrollment and weather)

- | | |
|--------|--|
| Day 1 | Tour club house, rules/safety procedures, introduction to equipment <ul style="list-style-type: none"> • Dock paddling – introduction to canoe stroke <ul style="list-style-type: none"> ○ Take out rec. canoes |
| Day 2 | Introduction to Kayak <ul style="list-style-type: none"> • Dock paddling & kayaks – tip, turn & toe test |
| Day 3 | War Canoe Day <ul style="list-style-type: none"> • Dock paddling (review canoe strokes), work on staying in stroke & go out in War Canoe |
| Day 4 | Crew Boats (K2/C2 & K4/C4) <ul style="list-style-type: none"> • Paddlers choice of canoe or kayak |
| Day 5 | Rec. Canoe/War Canoe/Crew Boats – Entire Group <ul style="list-style-type: none"> • Paddle up the lake and stop for lunch, swimming & games. Return to club mid afternoon. |
| Day 6 | Singles & War Canoe |
| Day 7 | Crew Boats and Canoes |
| Day 8 | Singles & War Canoe |
| Day 9 | Crew Boats & Canoes |
| Day 10 | Fun Regatta – Entire Group <ul style="list-style-type: none"> • Individual & team races, BBQ Lunch and afternoon volleyball at Elmcroft Park. • Preparation for weekend regatta (Boat loading, team building, etc) |

Dryland Program

Each Day will consist of 3-4 activities (40 minutes for each) and will be tailored to the group's demographics.

- | | |
|--------|--|
| Day 1 | Tour club house, rules/safety procedures, Ice breaker games, capture the flag and soccer |
| Day 2 | Scavenger hunt, Soccer baseball & Rec. Canoes |
| Day 3 | Relay race, Tie-Dye craft & Tag |
| Day 4 | Bun ball, Dryland circuit, & Soccer |
| Day 5 | Rec. Canoe/War Canoe/Crew Boats – Entire Group <ul style="list-style-type: none"> • Paddle up the lake and stop for lunch lunch, swimming & games. Return to club mid afternoon. |
| Day 6 | Basketball (6 different versions) & ultimate Frisbee |
| Day 7 | survivor course (relay) & rec. canoe tag & GWE |
| Day 8 | Slip'n'slide, circuit training, & "mini" triathlon |
| Day 9 | Dodge ball Day – (5 different versions) |
| Day 10 | Fun Regatta – Entire Group <ul style="list-style-type: none"> • Individual & team races, BBQ Lunch and afternoon volleyball at Elmcroft Park. • Preparation for weekend regatta (Boat loading, team building, etc) |