

KAYAK POOL SESSIONS OTTAWA 2010

LEARN TO KAYAK!

The warm, clear water of the swimming pool makes learning fun and easy. In each session we practice all the strokes, braces and techniques necessary to handle the kayak properly. Our step-by-step method of teaching the Eskimo roll has proven itself. Most will master the roll by the end of a session. The wave machine provides great fun and real-life rapid simulation.

DATE	TIME	COST
1. Sunday April 18	7:30 – 10:30 pm	\$105
2. Saturday April 24 & May 1*	8:30 – 10:30 pm	\$185
3. Sunday April 25	7:30 – 10:30 pm	\$105
4. Sunday May 2	7:30 – 10:30 pm	\$105
5. Saturday May 8 & 15*	8:30 – 10:30 pm	\$185
6. Sunday May 9	7:30 – 10:30 pm	\$105
7. Sunday May 16	7:30 – 10:30 pm	\$105

*Waves will be a part of the second session!

ROLLING ONLY!

If you want to just work on the kayak Eskimo roll, this is the course for you. We start by making you feel comfortable under water and the progress using our proven step-by-step method to the Eskimo roll. Then test your success in waves from the wave machine. *This course is for those who have kayaked before and have a good grasp of the basics of kayaking.*

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LOCATION: KANATA LEISURE CENTRE (WAVE POOL)

COSTS: Session costs are per person and include instruction and kayak equipment. Subject to GST

REGISTRATION: Call our office to reserve your spot **613 594-5268**.

All classes (except Family Programs) are adult classes (17 & over).

MADAWASKA KANU CENTRE 39 FIRST AVE OTTAWA ON K1S 2G1
www.mkc.ca **paddle@owl-mkc.ca**