

# KAYAK POOL SESSIONS TORONTO 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.

**Cost: \$190**

### DATE

1. Wednesday March 17 & 24
2. Wednesday April 7 & 14
3. Wednesday April 28 & May 5

### TIME

- 8:30 – 10:15 pm
- 8:30 – 10:15 pm
- 8:30 – 10:15 pm

## 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. *This course is for those who have kayaked before and have a good grasp of the basics of kayaking.*

**Cost: \$105**

### DATE

1. Wednesday March 31
2. Wednesday April 21
3. Wednesday May 12
4. Wednesday May 19

### TIME

- 8:30 – 10:15 pm
- 8:30 – 10:15 pm
- 8:30 – 10:15 pm
- 8:30 – 10:15 pm

## LOCATION

**GLENDON CAMPUS POOL**

**York University, Lawrence & Bayview**

## COSTS

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

**REGISTRATION Call our office to reserve your spot! 1 (888) 652-5268**

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

**MADAWASKA KANU CENTRE 39 FIRST AVE OTTAWA ON K1S 2G1**  
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