



Whitewater! The very word is thrilling. And countless thousands, restless for exhilaration, have pursued its challenge. It has been an exciting road starting Canada's first whitewater paddling school in 1972. Carving out a unique program, that combines structured learning in a resort environment with a twist of European flare; entrepreneurs and national whitewater champions Hermann and Christa Kerckhoff learned that they were pioneers in their field. Years later they discovered they had started a phenomenon - the first whitewater school in the world!

If you long to be part of this very special experience, or simply wish to hone your paddling skills, the Madawaska Kanu Centre has a new exciting fun-filled adventure for you this summer. MKC will be offering whitewater Kayak instruction in downtown Ottawa, at the "Pump House". The Pump House is a tributary of the Ottawa River managed by the Ottawa River Runners Club.

This new program is designed to teach students the skills they will need to embark on their own paddling adventures or continue on to a more intensive 5 day course if they really catch whitewater fever. All equipment is provided and students are taught by experienced instructors.

2008 Programs;

Midweeker;

Tuesday and Thursday evenings from 6 – 8 pm.

Get started on the flats with all the basic strokes and then progress to the moving water. Learn self rescues, ferries, eddy turns and the first steps of river reading.

Cost; \$160.00

Weekender Starter;

Saturday morning from 9am – 12pm or Afternoon from 1 – 4pm.

Get started on the flats with all the basic strokes and then progress to Wet exits and Self Rescues. the moving water. Learn self rescues, ferries, eddy turns and the first steps of river reading..

Cost; \$120.00

Weekender Next Step;

Quick review on the flats before progressing to the moving water. Learn self rescues, ferries, eddy turns and the first steps of river reading.

Cost; \$120.00

Prices include Kayak, paddle, sprayskirt, helmet, and PFD. Price subject to GST

Don't Stop There... Come to MKC in Barry's Bay and apply 1/2 your MKC in the City cost towards your weekend or five day whitewater course.

Please call us at 613 594 5268
MKC in the City, 39 First Avenue, Ottawa, Ontario, K1S 2G1

Whitewater! The very word is thrilling. And, from May to September, we offer whitewater kayak instruction right here in the **City of Ottawa !**

Kayaking is the kind of challenge that makes your heart pound and your toes tingle. It's a fast, exploding, roller-coaster kind of ride and best of all you do it solo.

Get started on the flats with all the basic strokes and then progress to the moving water. Learn self rescues, ferries, eddy turns and the first steps of river reading. Includes all equipment.
