THE CLUB

Yorkton Canoe & Kayak Club
(YCKC) is a non-profit organization
that focuses on introducing and
developing Dragon Boating and
the Olympic sport of
Sprint Canoe and Kayak in
Yorkton and District.

Program coaches are certified
by the National Coaches
Certification Program (NCCP).
YCKC coaches are
dedicated to providing safe, fun,
and challenging experiences.

Whether you want to train to compete or paddle recreationally, YCKC has a program right for you!

We look forward to seeing <u>YOU</u> on the water!

THANKS FOR SUPPORTING THE LEARN-TO-PADDLE PROGRAMS:





York Lake Regional Park is located 5 km south of Yorkton on York Lake Road.

Questions or comments? Get in touch with us at:

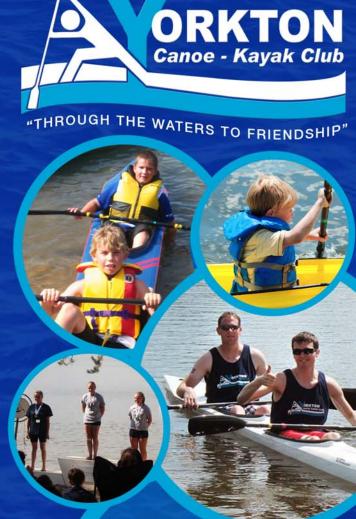




(306) 786-7155 (May-Oct)



www.yorktoncanoekayakclub.com



2021 SUMMER PROGRAMS!



WHAT IS FLATWATER/SPRINT CANOE AND KAYAKING?

Flatwater/Sprint Canoeing and Kayaking takes place on calm lakes and rivers. Whether racing in a single boat or a team boat, training is a full body workout!

- Sprint Canoe/Kayaking has been an Olympic Sport since 1936
 - Six main types of boats:
 C1, C2, C4, K1, K2, K4
 (K = Kayak; C = Canoe;
 number = # of persons)
 - Racing boats are narrow and fast!
 - Distances raced are 200m, 500m, 1000m, 6km
 - Kayaks have a rudder that controls steering
 - Canoers paddle on one knee and only on one side
- Paddlers do not need to "roll".
 If one flips the boat, one simply falls out!

YCKC PROGRAMS

COMPETITIVE

- Ages 8+ Olympic-style racing
- Full season of on-water and dry-land training
- Participation in Regattas
- Participation in club fundraising and activities

LEARN-TO-PADDLE (RECREATIONAL)

- Adults and Youth
- Enjoy the sport without the pressures of competitive training
- Includes basic technique, sport specific games, and time to enjoy being on the water

SCHOOLS/BUSINESSES/GROUPS

Contact YCKC to schedule a time

DRAGONFIT & PADDLEFIT

- Adult and Youth (ages 8+)
- Introduction to technique and workouts
- PaddleFit requires a Minimum of <u>Two</u> Learn-To-Paddle Drop-In sessions

For a full list of programs, fees, and session schedule please contact YCKC or visit www.yorktoncanoekayakclub.com

CANOEKIDS (BRONZE & SILVER)

- For paddlers aged ~8-12
- 8:30_{am} 4:30_{pm}, 4-day camps
 Early drop-off/late pick-up available
- \$230/4-day (half days & family discount available)
- All equipment & coaching provided
- Sessions introduce paddlers to the fundamentals of canoeing, kayaking, Dragon Boat & War Canoe

DROP-IN

- Scheduled Recreational & Fitness Sessions
- Includes safety, basic instruction and all equipment
- \$15/session (non-member*)
 \$10/session for Youth (8-21), Seniors (65+)
 and Member-Bring-a-Friend
- \$5/session for Members (all ages), children, Teachers / Students (May/June/Sept)
- \$2/paddler Toonie Sundays 2-4pm*

 *Waiver for non-members available on website

RENTALS

- · \$20/hour/boat
- Previous paddling experience required
- Waiver signed prior to participation*

DRAGON BOAT FALL RACE

- September 2021 TBD
- Adults and Youth ages 8+
- Teams of 10 padlers, 1 Drummer and 1 Steersperson
- Includes membership to YCKC and 1 Team Practice Session
- \$40/person Contact YCKC to register