



"THROUGH THE WATERS TO FRIENDSHIP"

THE CLUB

Located at beautiful York Lake, SK, the Yorkton Canoe & Kayak Club (YCKC) is a non-profit organization that focuses on introducing and developing the sport of Flatwater/Sprint Canoe and Kayak to the Yorkton and District community.

YCKC programs are lead by coaches certified by the National Coaches Certification Program (NCCP).

These 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 YOU on the water!



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

Questions or comments?
Get in touch with us at:



yorktoncanoekayakclub@yahoo.ca



(306) 786-7155 (May - Oct)



www.yorktoncanoekayakclub.com



**2017
SUMMER
PROGRAMS!**



THANKS FOR SUPPORTING THE LEARN-TO-PADLE 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 very 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

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 Two 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

- For paddlers aged ~8-12
- 8:30am - 4:30pm, 4-day camps
Early drop-off/late pick-up available
- \$175/4-day (half days & family discount available)
- All equipment & coaching provided
- Sessions introduce paddlers to the fundamentals of canoeing, kayaking, Dragon Boat & War Canoe

DRAGON BOAT COMPETITION

- Saturday, September 16, 2017
- Adults and Youth ages 8+
- Teams of 10 paddlers, 1 Drummer and 1 Steersperson
- Includes membership to YCKC and 3 Team Practice Sessions
- \$40/person - Contact YCKC to register

RENTALS

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

LEARN-TO-PADDLE DROP-IN

- Scheduled Sessions
- Includes safety, basic instruction and all equipment
- \$15/session (non-member*)
\$10/session for Members, Youth (8-21), Seniors (65+) and Member-Bring-a-Friend
- \$5/session for children (ages 5 - 7) & Teachers & Students (May/June/Sept)
- \$2/paddler - Toonie Sundays - 2-4pm*

* Waiver for non-members available on website