

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 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



"THROUGH THE WATERS TO FRIENDSHIP"



**2020
SUMMER
PROGRAMS!**



THANKS FOR SUPPORTING THE LEARN-TO-PADDLE 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 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
- \$200/4-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 FALL RACE

- September 2020 - See website for details
- Adults and Youth ages 8+
- Teams of 10 paddlers, 1 Drummer and 1 Steersperson
- Includes membership to YCKC and 1 Team Practice Session
- \$40/person - Contact YCKC to register

RENTALS

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

DROP-IN

- Scheduled Recreational & Fitness 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) & for Teachers / Students (May/June/Sept)
- \$2/paddler - Toonie Sundays - 2-4pm*

*Waiver for non-members available on website