

YCKC's Learn-To-Paddle Programs

Competitive (Ages 8+)

- For athletes interested in Olympic-style racing
- Full season of on-water and dry-land training
- Participation in Regattas
- Participation in Club Fundraising and activities

Please note: There are additional CKS/CKC Competition Fees

Learn-To-Paddle (Drop-In) (Ages 5+)

- Adult and Youth
- Sessions introduce paddlers to the fundamentals of Canoeing & kayaking

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
- An excellent way for new paddlers to try the sport!

DragonFIT

- Minimum 6 participants required for session to run
- Adult and youth (ages 8+) welcome!
- Introduction to Dragon Boat Technique
- 1 evening a week (or more depending on interest!)

PaddleFIT

- Individualized workouts
- Minimum of 2 Drop-In (Learn-to-Paddle) sessions prior to joining PaddleFit
- Adult and youth (ages 8+) welcome!
- Introduction to Sprint equipment
- Focuses on technique
- 2 to 3 sessions per week

CanoeKids®

- Ages 8 – 12; weekdays 8:30 – 4:30, July & August;
- Sessions introduce paddlers to the fundamentals of canoeing, kayaking, Dragon Boat, and War Canoe.
- Early/Late pick-up/drop off available;
- Participants need to bring a lunch;
- All equipment and coaching provided;

Paddle-All

- Athletes with special needs interested in the sport
- Covers basic instruction & safety
- Contact YCKC to schedule

Schools/Businesses/Groups

- Covers basic instruction & safety to your choice of Canoeing, Kayaking, Dragon Boat, or War Canoe
- Contact YCKC to schedule

Dragon Boat Competition

- Race at the Annual Yorkton Developmental Regatta in August
- Create a teams of 12, come up with a name, and register! (Ages 8+)
- Book your team practice sessions (included in cost)
- Decide on a team costume/paddling apparel and compete at the Regatta!

Drop-In to check these programs out! YCKC provides all equipment and coaching.

YCKC's POPULAR LEARN-TO DROP-IN PROGRAM

Want to try out the sport of flatwater kayaking or canoeing? Following is information about our popular *Learn-To Drop-In Program*:

1. Drop in for a session, OR purchase a YCKC membership and save with our member's drop-in fee.
2. Drop-in sessions include basic Learn-to-kayak instructions and water safety.
3. Drop-in sessions allow you to learn at your own pace. No need to fight the weather either.
4. Drop-in sessions include paddle, PFD (Personal Flotation Device), boat rental, water/boat safety training, and basic learn-to instruction. All you need to bring is a change of clothes, hat, a towel, and a smile.
5. Your membership entitles you to several club privileges.
6. Regular drop-in fees can be applied towards the member's 10-session package. For example:
 - ✓ After 4 drop-in sessions, you realize that you will probably paddle another 6 times over the summer;
 - ✓ You can now apply the fee paid for those 4 sessions towards the 10-session rate;
 - ✓ This leaves you with 6 more sessions with your cost for all 10 sessions reduced from the usual drop-in fee;
 - ✓ It's a savings and gives you choice instead of feeling locked into a set fee and not making use of sessions paid for;
 - ✓ This option works particularly well for first-timers who are unsure about whether or not they will enjoy the sport. They can continue on as they please. It is also a terrific option for those with holiday plans or weekends at the cottage.

Continue to visit this website for program and schedule updates: www.yorktoncanoekayakclub.com