

ST ALBERT CANOE & KAYAK CLUB PROGRAM OVERVIEW

YOUTH SUMMER PROGRAM

- SUMMER CANOE KAYAK CAMP AGES 8-15

ADULT PROGRAMS

- ADULT CANOE KAYAK RECREATIONAL PROGRAM
- DRAGON BOAT PROGRAM

COMPETITIVE PROGRAMS

- COMPETITIVE PROGRAM
- PROVINCIAL TEAM PROGRAM

STAND UP PADDLING

- LEARN TO PADDLE BOARD RECREATIONAL PROGRAM

YOUTH WINTER PROGRAM "NEW"

- POOL PADDLING CANOE AND KAYAK

OTHER

- SCHOOL GROUPS
- BIRTHDAY PARTIES
- GROUP KAYAKING CLINICS
- GROUP DRAGON BOAT CLINICS
- PRIVATE LESSONS



Online registration through our
website

GETTING STARTED

for all ages...

Youth Programs in Kirk Lake



Summer Camp: ages 8-15

July through August

This camp is an introduction to the basics of flat water canoe and kayak. Participants will learn water safety and will learn to tip, turn and tow their boat to shore or to the safety boat. Participants will learn and demonstrate canoe over canoe. Basic skills in the boat are learned through games and drills.

Competitive Program

- Advanced program for competitive youth - leads to provincial team selection.
 - Summer practices take place at the provincial team training center at Kirk Lake.
- Training:** is year round (summer and winter) 5-10 practices per week - scheduled by head coach Zak Mahmoudi (Level 3 Certified Coach - fluent in English and French).

Pool Paddling Program: all ages

October through April

Pool paddling provides a superb introduction to flatwater paddling and gives paddlers an opportunity to develop their skills in a safe, comfortable, and controlled environment, unaffected by seasonal weather conditions.



Adult programs in Kirk Lake:

Learn to Kayak Program:

July through August

This program is an introduction to kayaking. Participants will learn the basic strokes on a sit-on-top kayak, and will learn techniques to paddle efficiently. Individuals will improve their strokes through drills, relays and games. Water safety is discussed.

Introduction to Dragon Boating:

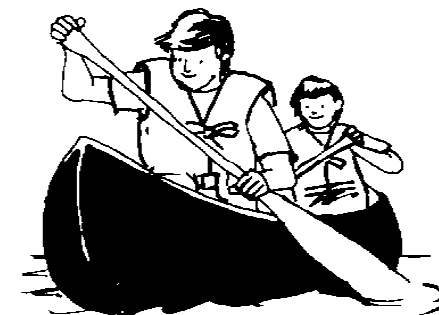
July through August

Adult dragon boat is a team sport that involves individuals paddling together in a long narrow canoe. Dragon boat lessons are a fun and friendly way to meet people from your community and promote fitness. No experience is needed—anyone can join!



Group reservations:

Reservations for groups of 10 or more people can be made in advance and will be given a special discounted rate. The cost is \$10 per person for 1.5 hours with your choice of boat and includes lifejackets and paddles. You must pre-book to receive the discount. Group discounts are available anytime from June through September.



Learn to Paddle Board in Kirk Lake:



What is SUP? Everyone's curious about the STAND UP PADDLE BOARD, more commonly known as SUP. It's intriguing to watch and what's nicely surprising is that it is both easy to learn and a great workout! The St. Albert Canoe & Kayak Club offers introductory learn to paddle board lessons for you, your friends or your family to try out.

Private Lessons in Kirk Lake:

Learn to canoe or kayak privately at your own speed from one of our experienced, certified instructors. We offer private lessons throughout the summer. Fees include instructor, boat and all related equipment.



LEDUC BOAT CLUB

For those who live in the city of Leduc, the Leduc Boat Club is the operating arm of the Telford Lake Alberta Training Centre Society.

Phone: 780-902-4211

Website: www.leducboatclub.com

Email: info@leducboatclub.com

Commonly Asked Questions

Is it safe?

- **YES:**
 - instructors are fully certified
 - done on calm lakes & rivers
 - all beginners wear lifejackets
 - beginners are closely supervised
 - no one paddles alone

Is it hard to learn?

- **NO:**
 - our certified instructors are great!
 - boats are easy to learn in
 - calm, safe surroundings

Do I have to know how to swim?

- **No, but** let your instructor know; he/she will take special precautions

What should I wear?

- Weather appropriate old shoes & clothing (you may get wet or muddy)

What should I bring?

- A change of clothes and shoes (we usually get a little wet)
- confirmation of online registration & fees

How can I register?

Go to the St. Albert Canoe Kayak Club website to register online:

www.sackc.com

Where are you located?

- We paddle out of Kirk Lake, just south of St. Albert. To get there turn north on 184 St. from the Yellowhead, then turn west on 122 Ave. Or visit our website for map.

How do I learn more?

- go to the St. Albert Canoe Kayak Club website: www.sackc.com



ST. ALBERT CANOE & KAYAK CLUB



**SUMMER CAMPS
LESSONS
RECREATIONAL PROGRAMS
COMPETITIVE PROGRAMS**

For more information
email us at:
stalbertcanoekayak@gmail.com

OR VISIT OUR WEBSITE:
www.sackc.com