



St. Albert / Greater Edmonton Canoe Kayak Club Summer Camp – Weekly Schedule

General Daily Camp Schedule

Time	Activity
9:00 – 10:00 AM	Fun Games / Boat Assigning / Preparation – Pick up your boat!
10:00 – 10:20 AM	On-Land Warm-Up
10:20 – 10:40 AM	Water Safety Talk / Technique Review (varies by day)
10:40 – 11:40 AM	Scheduled On-Water Practice
11:40 – 12:00 PM	Dry Boats & Equipment Put-Away
12:00 – 1:00 PM	Lunch Break (Campers supervised on-site)
1:00 – 1:20 PM	Light Activity / Games / Prep for Afternoon Paddle
1:20 – 1:40 PM	On-Land Warm-Up
1:40 – 2:40 PM	Scheduled On-Water Practice
2:40 – 3:00 PM	Dry Boats & Equipment Put-Away
3:00 – 4:00 PM	Fun Games / Camp Clean-Up & Free Time

Weekly Camp Format

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Games & Paddling	Games & Paddling	Games & Paddling	Games & Paddling	Games & Paddling
Afternoon	Paddling & Games Clean-up	Paddling & Games Clean-up	Paddling & Games Clean-up	Paddling & Games Clean-up	Paddling & Games Clean-up

Important Note on Weather Conditions

Due to varying weather conditions, the duration of on-water sessions may be adjusted at the coaches' discretion. Depending on the weather, heat index, and the paddling skills being developed, coaches may choose to extend or shorten water time to ensure the safety, progress, and enjoyment of all campers.