

Waterwerks Kayak Club – Overview of Summer 2009 Programs

2009 Date/Time	Program	Description – SEE NOTES on page 2	Adult/Youth	Instructor	Fees **	Location
June 27-28 10 am - 4 pm Pre-register please.	Intro to Slalom for Adults	You can make down the river catching some eddies and maybe surfing. You want to fast track your paddling to the next level. Improve your precision, balance and agility thru learning and practicing slalom skills. These skills are 100% transferable to other paddling disciplines. You'll become a more elegant and controlled recreational paddler.	Adult	Toby Roessingh	\$100 for 2 days	Deerfoot Meadows Calgary
Tuesday June 2, Mondays June 8, 15, 22, 29, 5:30 pm to 7 pm Pre-registration preferred but drop ins welcome – space permitting.	Precision Boat Control	Build a solid foundation of paddling skills applicable to any paddling discipline. Proper biomechanics, coordination, balance and edge work will improve your confidence and your boat control. Enjoy a good workout at the same time!	all ages	Toby Roessingh	Included in Monthly Program (\$120/mth) or \$20 per session	Carburn Park, Calgary
Mondays July 6, 13, 20, 27 5:30 pm to 7 pm Pre-registration preferred but drop ins welcome – space permitting.	Precision Boat Control	As above.	all ages	Bryce Shaw	Included in Monthly Program (\$120/mth) or \$20 per session	Carburn Park, Calgary
Sunday May 24, 31, July 5, 12, 19 - Time depends on river flow times - Pre- registration preferred. - Join a session onsite - if space.	Kananaskis Clinic Days several 1.5 hr sessions thru day	Our instructor will be at the river all day. Join a 1.5 hour session. Or joint 2 sessions! Sessions will include: upper and lower river runs with mini lessons, freestyle tricks, slalom technique or mini race designed to develop whitewater skills and apply what you have learned in the Calgary sessions. Pre-register early to allow instructor to schedule the day. As flow times are published just 2 days in advance – instructor will reply to registrants with schedule on Friday evening.	Adult & Youth Sessions	Bryce Shaw	Included in Monthly Program (\$120/mth) or \$20 per session	Kananaskis River Meet at Canoe Me
Sunday June 14, 21 - Time depends on river flow times - Pre- register please. - Join a session onsite - if space.	Kananaskis Clinic Days several 1.5 hr sessions thru day	As above.	Adult & Youth Sessions	Toby Roessingh	Included in Monthly Program (\$120/mth) or \$20 per session **	Kananaskis River Meet at Canoe Me
Wednesdays – June 3, 10, 17, 24, 5 pm for juniors (<18 yrs), 6:30 pm for adults - Pre-register please. - Drop-ins also welcome.	Slalom Fundamentals	Introduction to and refinement of slalom skills. Most of the best paddlers in the world started in slalom. That's because slalom work builds precision, balance and agility and that's exactly what you need to avoid that monster hole on your next river run!	Adult & Youth Sessions	Toby Roessingh	Included in Monthly Program (\$120/mth) or \$20 per session	Deerfoot Meadows Calgary
Wednesdays – July 1, 8, 15, 22 5 pm for juniors (<18 yrs), 6:30 pm for adults - Pre-register please. - Drop-ins also welcome.	Slalom Fundamentals	As above.	Adult & Youth Sessions	Bryce Shaw	Included in Monthly Program (\$120/mth) or \$20 per session	Deerfoot Meadows Calgary
August Program - Coming Soon						



FEES

MONTHLY PROGRAM includes all WKC sessions for one month – June, July &/or August - discounted price of \$120 per month. 3 days per week x 4 weeks = minimum of 12 sessions (+ option for a second session on Sundays)

PAY AS YOU GO pay \$20 per session

MEMBERSHIP** Alberta Whitewater Association membership is required. WKC membership includes AWA membership and gives you access to WKC and AWA programming. See www.albertawhitewater.ca for more info.

Sign up in advance or at your first session. Waiver + membership form at www.waterwerks.com
Individuals - \$25 Families - \$60

CONNECT WITH WATERWERKS

Join our facebook group (search for Waterwerks)

Join our distribution list (email tobyroessingh@gmail.com, subject line: Subscribe) to stay up to date on club activities.

INSTRUCTORS

TOBY ROESSINGH is our Program Coordinator and Head Instructor - a long-time paddler and former National Slalom Team Coach, with years of experience instructing and coaching new and veteran paddlers alike. Level 3 Certified.

BRYCE SHAW is a former Junior National Slalom Team member and an outstanding all-around whitewater paddler. Level 2 Certified

REGISTRATION & QUESTIONS

Please contact Toby Roessingh, (403) 338 – 1153, tobyroessingh@gmail.com or Lynn Jobe, (403) 254 – 0627, ljkayaker@shaw.ca

CLUB BOATS

A limited number of club boats (including river boats and slalom boats) paddles, gear available. Please reserve in advance by emailing ljkayaker@shaw.ca or Lynn at 403-254-0627. Pick up may be required.

WHAT TO BRING

Snacks, water, sunscreen, and appropriate paddling gear. You must wear your life jacket. Helmets are required on whitewater. Please dress for the weather. Call Toby or Lynn if you have more questions.

LOCATIONS:

Carburn Park

<http://maps.google.com/maps/ms?ie=UTF8&hl=en&msa=0&msid=108987322575339847331.000469e7b7b50acafd362&t=h&z=15>

Deerfoot Meadows

<http://maps.google.com/maps/ms?ie=UTF8&hl=en&msa=0&msid=108987322575339847331.000469e7a29d8267fa777&t=h&z=16>

Kananaskis Clinic Days – meet at Canoe Meadows parking lot, <http://maps.google.ca/maps/ms?ie=UTF8&oe=utf-8&client=firefox-a&t=h&hl=en&msa=0&ll=51.100288,-115.014839&spn=0.173768,0.44632&z=12&msid=108987322575339847331.000469f9c023a46d5b52d>