

Ottawa River Runners Youth Paddling Programs 2023

Expectations:

- * Have fun!
- * Ottawa River Runner Club Membership (includes Whitewater Ontario insurance)
- * Participate regularly and with enthusiasm.
- * Participants are not required to have a kayak roll. Strong swimming ability and comfort around moving water is mandatory. Participants are required to have experience (Level II Day Camp or equivalent) on the pumpouse whitewater course. * A flat water only option is available if a participant is not comfortable on the whitewater course but has successfully attained a strong level of basic strokes/skills through a Level 1 Day Camp or equivalent. Registering in a Level II camp is strongly recommended.
- * Parents/guardians are encouraged to support the participant with proper gear and transport of gear to/from clubhouse to river.

Cub-Cadet(9-12yrs), Cadet(12-14yrs) and Junior Development (ages15-17yrs):

* Groups for each session will be appropriately determined by a combination of age, skill, experience level and session goal. Participants will have the opportunity to paddle with athletes in the annual programs and a variety of coaches.

May 24-September 21st		\$625
Whitewater Tuesdays	5:30-6:30pm	May 23, 30, June 6, 13, 20, 27, July 11,18,25, August 1,8, 29 Sept 5,12,19
Flatwater Wednesdays	5:30pm-6:30pm	May 24, 31, June 7, 14, 21, 28, July 12,19,26, August 2, 9, 30, September 6,13,20
Whitewater Thursdays	5:15pm-6:15pm	May 25, June 1,8,15,22,29, July 13,20,27 August 10,31, September 5,12,19

May 24-June 29		\$290
A program designed for those who would like to follow a structured schedule during the school year but who may be unavailable all/most of the summer. Two+ sessions per week are chosen with a Wednesday flatwater/moving session being a mandatory choice. Either a Tuesday or Thursday whitewater session can be chosen.		
Whitewater Tuesdays	5:30-6:45pm	May 23, 30, June 6, 13, 20, 27,
Flatwater Wednesdays	5:30pm-6:30pm	May 24,31, June 7,14,21,28
Whitewater Thursdays	5:15pm-6:15pm	May 25, June 1,8,15,22, 29

Equipment:

Boats, helmets and paddles can be provided.
Participants must supply their own appropriate whitewater PFD (lifejacket).

Optional river runs, training camps, skill clinics and events will have additional fees and shared expenses.
* Whitewater and moving water sessions will be interchangeable depending on water levels, weather, session goals and other factors.