

Come out and paddle this 2024 season!

Ripples-Stage 2

The Ottawa River Runners with support from Canoe Kayak Canada's 'We Paddle' Initiative invites you to continue developing your kayaking skills at the downtown Pumphouse facility.

Who: This program is available to the 2024 winter pool program 'Ripples' participants only.

What: Participants will be introduced to the club environment, have a safety briefing, review/practice equipment care and outfitting. Review foundational skills and progress to more advanced skills. Have an opportunity to try a variety of boats. Determine what is their best pathway to paddle for Summer 2024. HAVE FUN!

When: We are offering the following options:

1) Wednesdays and Saturdays

Group 1: 11yrs+ (\$150) 6-7:15pm Wednesdays, 12-1:15pm Saturdays
Group 2: 7-10yrs 6-7:15pm Wednesdays, 1:30-2:45pm Saturdays
Wednesdays: May 22, 29, June 5, 12, 19
Saturdays: May 25, June 1, 8, 15, 22

2) Fridays only: 7-10yrs 6-7:15pm

Fridays: May 24, 31, June 7, 14, 21

3) Fridays and Saturdays

Group 1: 11yrs+ (\$150.00) Fridays 6-7:15pm, Saturdays 12-1:15pm
Group 2: 7-10yrs Fridays 6-7:15pm, Saturdays 1:30-2:45pm
Fridays: May 24, 31, June 7, 14, 21
Saturdays: May 25, June 1, 8, 15, 22

4) Saturdays only

One Group 1: 11yrs+ (\$75.00) Saturdays 12-1:15pm
7-10yrs Saturdays 12-1:15pm
Saturdays: May 25, June 1, 8, 15, 22

Fees: The program is offered at no charge for the 7-10 year old age group.

The program is offered to the 11+ year old group for the subsidized fees listed beside the program options above.

Registration:

1. Send an email to: coaching@ottawariverrunners.com with your intent to register with the participant's name and birthdate. Indicate which program option.
2. Send payment (if applicable) to: payments@ottawariverrunners.com
3. Ensure your Ottawa River Runner Membership is updated. Go to www.ottawariverrunners.com and click on the "Join the club for the 2024 season" tab.

A few housekeeping items:

1. Youth should have their own PFD and are expected to be ready to get on the water at the start time. Please plan accordingly and arrive 15 to 30 minutes before the start time to ensure the participant has adequate time to prepare (i.e. change, get a boat, adjust it as needed, grab a paddle, helmet and put on their PFD). ***There are a few youth PFD's available if you do not currently own one.**
2. Parent/Guardian support is critical to these programs functioning well. ORR would encourage any parent who is comfortable in whitewater to let us know. Past sessions have also benefited from having one or more parents on land to assist during the sessions as well.
3. An ORR membership is required to participate in this program. Memberships are valid from April 1st, 2024 to March 31st, 2025.
4. Finally, finances should never be a barrier to participation. Please contact me so we can help.