

## **Ripples 2 – Spring 2026**

**Ages:** 10–14

**Level:** Some paddling experience / completed Ripples 1 or camp / comfortable paddling and ready to learn whitewater skills.

**Schedule:** Wednesdays 5:30–7:00 pm and Saturdays 12:30–2:00 pm, Sundays 12:30-2:00pm

**Dates:** June 6, 10, 17, 20, 21, 24, 27, 28.

Attendance at all sessions is not mandatory. We will connect with families to confirm which sessions your child plans to attend so we can arrange appropriate instructor support and coordinate programming to provide the best experience for participants.

### **Cost:**

4 sessions: \$100

All sessions: \$180 per participant

Adults or kids signing up for programs must join the club to participate.

Membership info and benefits can be found here [Membership info and sign up](#)

Program registration [Zone4 registration](#)

Ripples 2 is suitable for participants with some paddling experience, or those who have taken part in previous Ripples programs and are familiar with basic kayaking skills.

This program is designed to introduce participants to reading water and learning basic manoeuvres to navigate the Pumphouse course. Sessions are delivered in a safe and fun environment where kids are encouraged to challenge themselves, with instructors always nearby to provide guidance and support.

Groups may be split after the initial session, with one group for participants who are just learning basic whitewater skills and another for those who already have some experience.

Participants should be comfortable paddling in moving water and ready to continue building confidence, control, safety awareness, and whitewater skills on the Pumphouse course.

### **All equipment is provided.**

Basic swimming ability is required.

Some paddling jackets and neoprene are available on a first come, first served basis.

### **What to Wear:**

- Bathing suit or clothing suitable for paddling and getting wet
- Quick-dry athletic clothing (polyester, lycra, sun shirt, rash guard recommended)
- Water shoes, old running shoes, or secure sandals (no flip flops)
- Weather-appropriate layers for cooler days

### **What to Bring:**

- Water bottle
- Towel

- Change of clothes for after paddling
- Sunscreen

**Questions?**

Please contact Tyler Lawlor at [coaching@ottawariverrunners.com](mailto:coaching@ottawariverrunners.com) with any questions or Cal Bender [callum\\_bender@icloud.com](mailto:callum_bender@icloud.com)