

ORR Cadet Junior Emerging Paddlers Program Fall 2026

Group A: Taken Slalom camp or have experience paddling the pumphouse course in a slalom boat or have taken a Level 2 camp, or have similar experience.

Group B: New to slalom – taken level 1 camp, or have similar experience, can paddle down pumphouse – program will start in plastic boats and then progress to slalom boats. (Note that doing slalom doesn't mean your child needs to get into racing, if they prefer to just be honing paddling skills for recreational whitewater paddling.)

(For those of you not familiar – Slalom boats are those longer lighter pointy kayaks that are offer more precision and speed in whitewater kayaking and commonly used to traverse the green and red hanging slalom gates in a down or up direction. Slalom whitewater kayaking/canoeing is an Olympic sport. We have Olympians in our club!)

Fee: \$300 – includes equipment. ORR Membership also required (25% discount for new members)

Ottawa River Runners Cadet/Junior Emerging Paddling Program (CJEP)

Ottawa River Runners is inviting young paddlers ages ~10 – 15 to join our Cadet and Junior Emerging Program. This program is designed to introduce and develop whitewater and slalom skills for paddlers who are ready to learn the art of paddling Slalom Kayak. Slalom kayaking is simply a great way to improve kayaking skills, river reading, boat control and is transferable skill to all paddling.

The Fall session includes 2 sessions per week. (Some exceptions may be accepted for just 1x/week if the schedule does not work for you. Please enquire.)

Club plastic and slalom boats and equipment will be provided.

2 groups of ~5 paddlers per class. Instructors may move participants to different groups to balance abilities and comfort levels of participants.

Requirements:

If you are unsure which program is right for your child, please email Tyler, coaching@ottawariverrunners.com to inquire if this program is right for your child. We may move paddlers to different groups in order to keep similar skill levels the same. We may also be able to accommodate children outside of the stated age range based on abilities, experience, and interest.

Paddlers must have experience paddling the Pumphouse from top to bottom. A roll is not required, but paddlers should be comfortable paddling in moving water and swimming the pumphouse course.

Schedule:

Arrive 30 minutes ahead of session to be dressed and boat prepared to hit the water at 6:00 pm.

Wednesday evenings 6:00pm – 7:00pm. Saturday Afternoon. 1pm–2:00pm.

Group	Sept								Oct						
	5	9	12	16	19	23	26	30	3	7	10	14	17	21	24
	Sat	Wed	Sat	Wed	Sat	Wed	Sat	Wed	Sat	Wed	Sat	Wed	Sat	Wed	Sat
A	ww	ww	PH Race	fw	fw	fw	fw	fw	ww	ww	X	ww	VF Race	ww	ww
B	tbd	tbd	tbd	tbd	tbd	tbd	tbd	tbd	tbd	tbd	tbd	tbd	tbd	tbd	tbd

X = no session, ww = Whitewater, fw= Flatwater, PH: Pumphouse, VF= Valleyfield, QC (date is not firm at this point)

note the scheduled fw sessions are both due to skills development and a possible fall maintenance shutdown/dewatering of the WW course.

Please feel free to reach out to Tyler Lawlor at coaching@ottawariverrunners.com with any questions.