

## About Burnaby Canoe & Kayak Club

The Burnaby Canoe and Kayak Club (BCKC) provides a Flatwater Canoe/Kayak experience to members of the Burnaby British Columbia area. The Burnaby Canoe & Kayak Club is a non-profit organization with over 30 years of history. We welcome all who enjoy paddling as a sport or simply as recreational activity. Managed by volunteers, the Burnaby Canoe & Kayak Club offers a variety of paddling programs, which are designed to facilitate participation. We strongly promote a positive self-image and a healthy attitude towards this uniquely Canadian sport. There is also a deep sense of fair play with peers, competitors, officials and coaches.

The Burnaby Canoe & Kayak Club offers a variety of programs to individuals of all ages and skill level. Most of our members are competitive racers within the Fraser Valley and BC region. We also offer children's day camps, youth programs, drop-in sessions, adult lessons and dragon boat programs to youth and adults.

Burnaby Canoe & Kayak Club has nationally accredited instructors and coaches who have many years of experience in the sport of canoe/kayak.

## SUMMER DAY CAMP

This program encourages water safety, an opportunity to paddle and learn skills in different boats while meeting new friends. The camp is open to kids 8-14 yrs old. Each week provides a wide range of paddling opportunities all within a team environment, which will vary depending on the participant's interest and ability. No experience is necessary, but Red Cross Aqua Quest 5 (or equivalent) required.



## DROP-IN THURSDAY 6-8pm

This is the best way to give the sport of sprint canoe/kayak a try. The Burnaby Canoe & Kayak Club provides all equipment to those who come and try it out. Participants will be given very basic instruction on the sport, the proper way to get into and out of a kayak, and care of the equipment. (May-September)

## COMPETITIVE PROGRAMS

- ★ **Beginner Sprint Program**
  - Offered to school age boys & girls
  - Intro to the sport
  - Encourages skill development
  - Promote water safety

- ★ **Junior Program**
  - For 12-16 yr old boys & girls
  - Previous experience necessary
  - Enhance training & racing skills
  - FUNdamentals of sport

- ★ **Development Program**
  - For 13-18 yr old boys & girls
  - Previous experience necessary
  - Racing specific year-round training
  - Team environment

- ★ **Masters (Adult) Program**
  - For both inexperienced and experienced paddlers. 18yr +
  - Basic and specific recreational and racing skill development

- ★ **War Canoe**
  - A uniquely Canadian boat
  - 15 paddlers in one boat
  - Excellent team environment
  - Increase your fitness

