

**BURNABY CANOE & KAYAK CLUB
SUMMER PROGRAM REGISTRATION FORM
2009**

Participant Name: _____ Age: _____

Address: _____

I consent to my child participating in this program and have signed the appropriate insurance forms and releases.

Parent/Guardian Name: _____ Contact Phone: _____

Parent/Guardian Signature: _____ Date: _____

Describe any medical conditions which our staff should be aware of. _____

Please note that these programs are not suitable for children who require one-to-one supervision. It creates a safety hazard for them and for the others in the program.

To register, check the session(s) you wish your child to participate in and the appropriate fee boxes. Calculate the total fee and prepare a cheque made out to "BCKC".

PROGRAM	SESSION	PROGRAM FEE	FEE (Sub-Total)
Regatta Ready 9:00 am – 12:00 pm	<input type="checkbox"/> June 29 – July 17 +	<input type="checkbox"/> \$175 (any one session)	
	<input type="checkbox"/> July 20 – Aug 7 *	<input type="checkbox"/> \$250 (any two sessions)	
	<input type="checkbox"/> Aug 10 – Aug 28	<input type="checkbox"/> \$300 (all three sessions)	
		<input type="checkbox"/> take off \$100 with BCKC membership	
Beginner Sprint 12:30 pm – 2:00 pm	<input type="checkbox"/> June 29 – July 17 +	<input type="checkbox"/> \$50 per session x _____ sessions	
	<input type="checkbox"/> July 20 – Aug 7 *	<input type="checkbox"/> free (with BCKC membership)	
	<input type="checkbox"/> Aug 10 – Aug 28	<input type="checkbox"/> \$75 for July & Aug with Regatta Ready	
Fun Program 2:00 pm – 3:30 pm	<input type="checkbox"/> June 29 – July 17 +	<input type="checkbox"/> \$50 per session x _____ sessions	
	<input type="checkbox"/> July 20 – Aug 7 *		
	<input type="checkbox"/> Aug 10 – Aug 28		
Junior Sprint 2:00 pm – 4:00 pm ‡ (in Jul & Aug)	<input type="checkbox"/> Annual	<input type="checkbox"/> \$150 (with BCKC membership)	
TOTAL FEE			

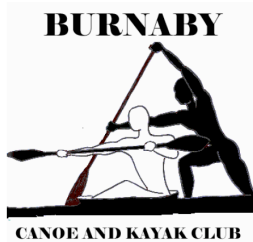
+ First session does not include Canada Day holiday (July 1)

*Second session does not include BC Day holiday (August 3)

‡ See website for details on session times for Beginner Sprint and Junior Sprint from September on.

Fees include all insurance required for participation. A waiver must be signed by a parent or guardian. Forms are available on the BCKC website: www.burnabylake.com/forms.htm. All programs are eligible for the Federal Child Fitness Tax Credit.

Send this form, including your cheque payable to "BCKC", to:
BCKC, c/o # 21-3850 Dominion St. Burnaby, BC V5G 1C2
DO NOT SEND CASH.



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DESCRIPTION OF PROGRAMS

REGATTA READY

Be ready to race in three weeks. This three-week morning program takes the participants from raw beginner to race ready paddler. It is a mix of fitness development, fun activities and skills. Participants will begin in our most stable boats and as their skills develop will progress to more advanced kayaks and canoes, including team boats. Skills are mixed with a healthy dose of fun activities, on and off the water. As paddlers progress they will be coached for their skill level. This program can be repeated. All participants will be ready to enter either a regatta on August 22 in Nanaimo or on Sept 26-27 in Maple Ridge; the program includes entry fees.

BEGINNER SPRINT

This program is for paddlers that already have basic paddling skills. Designed to further develop their skills in a fun environment. There is more focus on fitness and technique, including warming up, cardio and stretching. Participants may enter several regattas over the summer.

FUN PROGRAM

This 1 1/2 hour program is a low-key fun time for participants in other programs where parents want their children to be occupied till later in the afternoon. Games on and off the water, walks and other activities that take advantage of Burnaby Lake Park are a part of the program. Typical activities include a paddle up Still Creek, a visit to the Wildlife Rehabilitation centre, a walk around the lake or watching matches in the World Police and Fire Games.

JUNIOR SPRINT PROGRAM

This more intense 2 hour training period is for young athletes who want to push themselves to the next level of competition. Participants must have some experience in more advanced kayaks. A focus on fitness, skills and speed are combined with fun drills and games.

GENERAL

All programs are supervised by trained and experienced coaches. One staff person for every eight participants ensures close supervision. Participants must be comfortable around and in the water: the more advanced boats do tip over, so some swimming ability is highly recommended. All participants are required to wear lifejackets at all times when on the water.

All BCKC programs qualify for the Federal Child Fitness Tax Credit. Receipts will be mailed to the listed adult early in 2010.

The program is based at the Burnaby Lake Rowing Pavillion at 6871 Roberts Street Burnaby, BC.

For further information, send an e-mail to info@burnabylake.com or call 604-267-2256 and leave a message. Someone will get back to you within 48 hours.

