



# Paddle Pursuits

## Canoeing

*Water Sports Camp*

**Up a creek and don't know how to paddle? Not a problem! Paddle Pursuits will introduce you to the sport of canoeing. Skill development begins with an orientation of the basics including equipment, water safety, getting in and out of a canoe and rescues. After completing the five day camp you will be a competent paddler ready to face any challenge water throws your way.**

- **Day One (1.5 hrs): Water Survival & Boater Safety**

- How do you stay afloat when you don't have a life jacket? Campers will learn to survive in the water by developing the skills to create a life vest from clothing, jumping in with street clothing and becoming comfortable in the water.
- Just like getting to know a new friend, being familiar with a canoe and boater safety requires campers to learn how a canoe operates and the importance of staying safe on the water one skill at a time.

- **Day Two (1.5 hrs): Canoe Basics and Rescues**

- Campers will learn how to safely enter and exit a canoe in a variety of different ways from a dock entry to pushing off from a shoreline.
- Having a grasp of basic paddling stroke will help kids move effectively on the water by applying the use of the forward, backwards and C strokes they'll have full control over the canoe.
- Self and assisted rescues will be practice to increase camper's skills in staying safe on the water but prepared to act when something unforeseen happens.

- **Day Three (1.5 hrs): Paddle Stroke Development**

- Once campers know the basic paddling techniques, stroke development will take center stage. Intermediate strokes, like prying, sculling, compound reverse and J stroke will be reviewed. Intermediate strokes helps with efficiency, especially when traveling across long stretches of water or setting up to run a rapid.
- Paddling games will be played to help campers have fun while working on the various strokes.

- **Day Four (1.5 hrs): Paddle Drills & Skills Work**

- Campers will work on and apply the paddling strokes they've learned by maneuvering their canoe through a series of buoy set ups. Going through the buoy course helps camper fine tune their paddling stroke even more while also providing a fun challenge. Instructors will coach campers giving feedback for skill development.

- **Day Five (8 hrs): Full Day Canoeing Adventure!**

- Experience nature through an on water perspective and apply your new paddling skills with a full day canoeing adventure.