

Ready to JUMP into the river?

Have you tried KAYAKING yet?

The Pinch-o-Crow Creekers Kayak Club is having 4 Summer River Camps in Pincher Creek

Spend five fun-filled, summer days on the water with 11 other kids from 9:00 to 5:00 who are going to be having a blast on the water in a whitewater kayak.

Its SAFE - BUT CHALLENGING with our fully certified instructors.

| | | |
|-----------------|------------|------------|
| Cadets | Ages 10-14 | July 2-6 |
| Juniors | Ages 14-18 | July 9-13 |
| Mixed | Ages 10-18 | July 16-20 |
| Adults and Kids | | July 23-27 |

Cost: **\$250** for the week

Includes:

- All equipment: boats, paddles, lifejackets, helmets, wetsuits, booties, jackets
- Instruction and coaching
- Transportation

You Need:

- Change of clothing, rainjacket
- Swimsuit and towel
- Lunch & a Smile

What Happens: We start on the lake and learn how to get in and out of the kayak, even when it's upside down. Then we teach you how to roll your kayak upright after you flip. Next you learn all about how to paddle the kayak in a straight line and in circles. Our favorite games are tag, football and team racing.

Finally we are on to some easy rivers, where you'll learn about reading the river, eddy turns, ferries and paddling through the waves. We use the Oldman River below the dam and the Crowsnest River by Lundbreck for most of our sessions. But we try out several other hidden gems too. We'll even be trying the slalom kayak course, just like in the Olympics.



Sign up TODAY – we have limited spaces

DON'T FORGET TO GRAB YOUR BUDDY TOO

Check it out with one of our Alumni –
 Matt Cox – Pincher Creek Junior Nat Freestyle team
 Kyle Saganiuk – National Silver Medal Cadet SI & WW
 Matt Frank – Medicine Hat (Alberta Slalom Team)
 Bryce Shaw – Canmore (Alberta Slalom Team)
 Haley Daniels – Calgary (up and coming)

**THIS COULD BE THE MOST FUN YOU WILL
 HAVE ALL SUMMER !!**

REGISTRATION FORM

| | |
|--------------------------------|--------------|
| Name of Paddler | |
| Name of Parent(s) | |
| Address | |
| Phone Number | Home Work |
| E-Mail Address | |
| Birthdate | |
| Grade at school – Sept 2006 | |
| Previous Kayak experience | |
| Swimming Experience | |
| Date of Camp | |

For more information contact:

Chuck Lee – 628-2336 chucklee@telusplanet.net

_____ Registration Form

_____ Waiver Form

_____ \$250 Cheque payable to POCC

**Mail to: Chuck Lee,
 POX 162, Lundbreck, AB T0K 1H0
chucklee@telusplanet.net
 403-628-2336**