

# LEARN TO CANOE/KAYAK!!



# EVERY BOAT EVERYBODY!

PaddleALL

is a Canoe/Kayak Canada initiative. It is a program aimed at promoting individuals with disabilities to participate in the sport of Sprint Canoe/Kayak.



## ABOUT THE PROGRAM

Recreational and sprint canoes and kayaks are used to introduce paddlers to the sport of sprint racing. Adaptive equipment is available. The program includes a safety orientation, technical instruction by experienced coaches and volunteers and on the water practice.

Although all abilities are welcomed, you must be comfortable in and around the water.



All sessions take place at the Balmy Beach Canoe Boathouse which is located in the Lions Clubhouse at the foot of Coxwell Avenue and Lakeshore Blvd.



## TIPS.....

Wear comfortable, stretchy clothes and bring a change of clothing in case you get wet or splashed. Bring a water bottle, hat and suntan lotion. Standard club issue personal flotation devices are provided but if you have one please bring it along

Registration form with program dates and cost available at [www.balmybeachcanoe.com](http://www.balmybeachcanoe.com)

## CONTACT

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