

# LEARN TO DRAGON BOAT!!



# 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

For schools, summer camps and day centres servicing the special needs populations.

A Dragonboat is a twenty person team boat made for flat water racing. The program includes a safety orientation, technical instruction by experienced coaches and volunteers and on the water practice. Although all abilities are welcomed, participants must be comfortable on and around the water.

### 2 hour sessions available starting in June

Sessions available Thursday afternoons throughout June, July and August

Group must be accompanied by a minimum of two support workers/teachers



# 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 at [www.balmybeachcanoe.com](http://www.balmybeachcanoe.com)



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.



## CONTACT

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