

Trips & Courses

Flatwater Trips (for canoes & kayaks)

Flatwater trips are scheduled for Saturday, February 6 and Sunday, February 21. No specific localities for these trips have been decided. A notice will be sent to all Kayak and Canoe program members beforehand, advising of the likely destinations.

As Alan will have to become more involved in the Voyageur Program trips and especially the Camp Shawnigan Paddle practices, we need volunteers to lead some of the flatwater trips over the next three months.

Call me or [e-mail](#) and I'd be happy to help with route planning and logistics; it is just that I can't be in two places at once.

Advance Notice:

Frost Free Weekend Camping trip:

This trip is traditionally held on the Mother's Day weekend (May 8-9). It is possible that this date may have to be changed (delayed) to take place after the Camp Shawnigan Paddle. But if you are interested, let me know and I'll take your name for future reference. Last year, this was a 3 day/2 night trip to Blackberry Point on Valdes Island; and I'd propose to do the same again if members are willing to take the extra day off work (Friday or Monday, whatever suits).

Running of the Cows:

The ninth annual running of the Cowichan River is scheduled for May 1st and 2nd so put it in your diaries. [Tom Staebell](#) and [Alan Thomson](#) are the contacts.

Moving Water Paddles

Sunday, January 31

Saturday, February 13

Sunday, February 21

Trips will depend on water levels and what the group is into. The above are proposed dates although feel free to initiate a paddle any time.

All the details continue unchanged: 8:30am meeting at Millstream etc. A brief email reply is helpful to ensure we will wait if you might be a minute or two late or to call you in the event of a

cancellation and save an unnecessary trip to the meeting place. If you are no longer interested in participating drop me a reply to that effect and the harassment will stop. Otherwise it's "game on". Club boats are available for rental use by moving water course graduates but give me a call to make sure one is available. Sometimes a tandem seat will open up if you need a partner. See you on the river!

[Tom Staebell](#)

res. 655-7113

cell. 588-2207

Courses - Canoe

Lake Water Basic Tandem and Solo (Level 1 & 2)

Saturday, March 20

Sunday, March 28, preceded by a pool session for rescues from 7:30am – 9:00am at Esquimalt pool

Registration and classroom session for LW 1 & 2 will be held Thursday, March 18 from 6:00-8:30 pm

Moving Water Tandem

Saturday & Sunday, March 13 & 14

Moving Water Solo

Saturday & Sunday, March 27 & 28

Lake Water Advanced Tandem and Solo

(Level 3 & 4)

Saturday, April 10 (Level 3)

Sunday, April 11 (Level 4)

Big Canoe Advanced Paddler Course

Saturday & Sunday, April 24 & 25

Costs are \$25 for each Lake Water course (\$50 for the Lake Water 1 & 2 which we are offering as a package). In addition to the course cost, Lake Water 1 & 2 students will have to pay \$10 each to cover the costs of pool rental.

Moving Water course fees are \$150 per weekend and include the use of a club canoe and transportation costs.

For more information or to register for any of the following courses, please contact Yasmin at canoe@vckc.ca.

An Ocean Canoeing Course, if offered, will cost \$125 for 3 evening classroom sessions plus overnight ocean camping trip. If you might be interested in taking such a course, please email canoe@vckc.ca.

Your VCKC membership dues for 2010 must be paid in order to attend any club courses or workshops. You can join online at www.vckc.ca - \$40 for a single membership; \$60 for a family.

Courses & Trips - Kayaking

Our paddle leaders are hoping to put together a kayak club paddle if there is interest, and we need your input. In order to join a club paddle, you must have passed an introductory course, including wet exits and assisted rescues, or show us that you have these skills. We will be offering a "show me" on the first Sunday of February at Crystal Pool. Cost will be \$15. If you are interested in a club paddle, please contact Dorothea Hoffman at kayakcourses@vckc.ca. If you would like to participate in a "show me"

please let me know.

We are beginning to plan our 2010 instruction sessions. We have five instructors who are waiting to hear from you!

Please let us know what you would like to see in 2010. Our first course will likely be an Introduction to Kayaking course, and we will have a maximum participation of four paddlers. There is a possibility that the "wet" portion of the course, wet exits and assisted rescues could be taught at Crystal Pool on a Sunday evening. Please contact us early for this!

Our instructors are also ready to teach level 1 Sea Kayaking and other courses such as Edging and Bracing, and Strokes.

We're waiting to hear from you.

Please contact Dorothea Hoffman at kayakcourses@vckc.ca.

Please include your name, the name of any other participant, your address, and the approximate date you joined VKCK (you may join online).

Also, please indicate your kayaking experience and what courses you are interested in.

Dorothea