

# ***Trips and Courses – September 2009***

## ***Canoe Trips***

**Flatwater Paddles** are open to canoeists and kayakers who have passed the basic flatwater course.

**Sunday, September 20, 2009**

Call (250-592-4170) or e-mail (3135thom@islandnet.com) Alan Thomson by Thursday 17th to let him know you plan to take part. The route is not decided, but as the weather is likely to be good and the days are not short, probably a trip out of Victoria some place - e.g. another part of the coastline towards Port Renfrew and Sooke; or up towards Nanaimo in the Yellow Point Area.

## ***Courses***

### **Lakewater Level 1 (tandem)**

Friday, Oct. 2 - 6:00 pm - 8:00  
(registration and classroom session)

Saturday, Oct. 3 - 8:30 - 4:00  
(on-the-water instruction)

Sunday, Oct. 4 - 8:00 - 10:00  
(canoe-over-canoe rescue session)

### **Lakewater Level 2 (solo)**

Sunday, Oct. 4 - 10:00 - 4:30

To register for the above courses: e-mail [canoe@vckc.ca](mailto:canoe@vckc.ca).

### **Moving Water Level 1 (tandem)**

Saturday, Oct. 24 & Sunday, Oct. 25

### **Moving Water Level 2 (solo)**

Saturday, Nov. 7 & Sunday, Nov. 8

To register for Moving Water courses, contact Tom Staebell: [thestaebellfamily@shaw.ca](mailto:thestaebellfamily@shaw.ca)

## **Voyageur/Big Canoe Course:**

Over the past few years, the RCABC (Recreational Canoeing Association of British Columbia) has developed a new set of courses for Big Canoes/Voyageurs. The second level course is designed to qualify paddlers to stern big canoes (20'+) and to successfully manage the team of paddlers in flatwater conditions. It will be of value to Club members who may want to use one of the Club's voyageur canoes; to

teachers who have students they want to take out in these boats and to others in charge of groups who can handle a paddle but not steer and don't know anything about formal canoe strokes.

A prerequisite for the course is having passed the basic tandem canoe course.

Timing: The course will take 2 days

Cost: will be determined by the numbers wanting to take the course and whether an expert big canoe instructor from the Mainland comes over to run the course.

Please let Alan Thomson know if you'd be interested in such a course or if you have any questions - 250-592-4170.

## ***Kayak Courses***

### **Paddle Canada Level 1 September 19 - 20, 2009**

If you have taken an Introduction to Kayaking course and feel comfortable upside down in the boat, now it is time to improve your sea kayaking paddling skills. We add unassisted rescues to this course, so again you will be in the water.

You should have had at least a summer's paddling between Introduction and Level 1.

You must answer each of these questions before being registered for this course:

Please send me an email with all the following information.

Email subject line: date of course (YYMMDD), course level

1. Your full name and the full name of any other participants;
2. Your address and telephone number;
3. The approximate date you joined VCKC. You may join online;
4. Do you own your own kayak?
5. Do you want to borrow a VCKC kayak?

Please contact Dorothea at [kayakcourses@vckc.ca](mailto:kayakcourses@vckc.ca)