

## Adult Recreational Paddling – COVID-19

This program is intended for adults looking to get involved in the great sports of recreational canoeing and kayaking. Certified instructors will teach proper paddling techniques and water safety, providing both exercise and an opportunity to try a wide variety of canoes, kayaks and stand-up paddle boards. As skills develop participants will be invited to challenge themselves in sprint canoes and kayaks. NBCC provides all paddling equipment including life jackets but participants are welcome to use their own life jackets. No previous paddling experience is needed but participants must be at least 18 years old.

Two, 2-hour sessions are held each week in July and August and participants can register to participate in 16 sessions or 8 sessions.

### Schedule

<b>Dates:</b>	June 28 – August 21, 2020
<b>Practice Hours :</b>	6:00 to 8:00 pm, Tuesdays and Thursdays
<b>Ages:</b>	18 Years of age or older
<b>Fee:</b>	\$200.00 for 16 sessions \$110.00 for 8 sessions (includes all program, insurance, and sport affiliation fees)