

Old Salts Seniors Canoe Club

Canoe Training 2025

Basic canoe training is **mandatory for all new members** so skill levels can be assessed and participation in the different trips offered can be determined. *(If you have moving water training i.e. from Paddle Canada, and/or are ORCKA certified, please let us know on your registration form.)*

- **Safety** for all our members is of the utmost importance to us as a club and is a big part of our training. With the basic training skills, our trip leaders and any potential canoe partners can be assured that you have the required knowledge and ability for the types of trips you wish to participate. **Basic training** allows you to participate in our flat water “easy breezy” trips. **Intermediate Training** allows for full participation in all canoe trips. It is important that you **understand your limitations** and **paddle within your ability**.
- **Fees** for training are reasonable, but are **non-refundable** due to the commitment required, limited spaces, and the instruction provided by our paid, certified instructor and experienced volunteers.
- River training for both the **Basic** and **Intermediate** sessions is one day each with rain dates. Please keep those dates **free** to ensure that you are able to participate on **all** posted dates to get the full benefit of the training.
- Our training sessions are designed to enhance your canoeing experience with the Old Salts while ensuring your safety!
- Current members are also encouraged to continue taking training sessions regularly to keep their canoeing skills sharp and to improve their river reading abilities. There is always something new to learn, no matter how many times you take a training session!
- Training is not just for learning and reviewing skills, but is also a lot of **fun** and a great way to meet new people and start the canoe season under the guidance of a qualified instructor and experienced volunteer members!

Please note: Training dates are subject to change due to weather and/or river conditions, thus the rain dates. Please plan accordingly!

(April) Orientation/Dry Land Training for New Members

When: Saturday, April 5, 2025

Where: Albert McCormick Community Centre, (Banquet Hall) 500 Parkside Dr., Waterloo, ON N2L 5J4

Time: 1:00—3:00 p.m.

Cost: Free

(April) Mandatory Pool Training for New Members

When: Tuesday, April 15, 2025

Where: Forest Heights Pool, 253 Fischer-Hallman Rd. Kitchener, ON N2M 4X8

Time: 2:30—3:45 p.m. (Meet at Canoe Shed, Wing 404, 510 Dutton Dr., Waterloo, at 1:30 p.m.)

Cost: \$25.00

Need: towel, canoeing clothes, water shoes, PFD, a change of clothes, & \$0.25 for locker
YOU WILL GET WET!

(April) Pond Training (Canoe stroke learning/review/practice)

When: Wednesday, April 23, 2025

Friday, April 25, 2025

Wednesday, April 30, 2025 *You are encouraged to come to all 3 sessions—great practice opportunities!*

Where: Victoria St. Pond, (J.A. Pollock Family Trailway at Stanley Park Optimist Natural Area, Shirley Dr. (at Victoria St.) Kitchener

Time: 1:00—4:00 p.m. (Meet at Canoe Shed, Wing 404, 510 Dutton Dr., Waterloo at 1:00 p.m.)

Cost: \$2.00 per session (for towing)

Need: PFD, dry sack (with complete change of clothes,) snacks, water
Dress for the weather!

(May) Refresher Course with 1 Certified Instructor

When: Monday, May 5, 2025. *Rain Date: Wednesday, May 7*

Where: Grand River: Glen Morris (Forbes St) to Birley Gates (142 West River Road South, Glen Morris)

Time: 11:30 a.m.—3:30 p.m. (Meet at Canoe Shed, Wing 404, 510 Dutton Dr., Waterloo at 9:00 a.m.)

Cost: \$50.00

Need: PFD, dry sack (complete with change of clothes), canoe shoes, whistle, lunch, snacks, water
Dress for the weather!

(May) Mandatory Basic Training Course with 2 Certified Instructors

When: Saturday, May 10, 2025 *Rain Date: Saturday, May 24*

Where: Grand River: River Bluffs LUNCH (Moyer's Landing to River Bluffs Park afternoon?)

Time: 9:00 a.m.—3:30 p.m. (Meet at Canoe Shed, Wing 404, 510 Dutton Dr., Waterloo at 8:00 a.m.)

Cost: \$70.00

Need: PFD, whistle, dry sack (complete with change of clothes), canoe shoes, lunch, snacks, water.
Dress for the weather!

(May) Intermediate Training with 2 Certified Instructors

When: Sunday, May 25, 2025 *Rain Date: Saturday, May 31*

Where: **A.M.** Grand River: 200 Water St. S., (Galt)Cambridge (formerly Petro-Can) **to** Glen Morris (Forbes St.) LUNCH

P.M. Glen Morris to Birley Gates (142 West River Rd. S., Glen Morris)

Time: 9:00—3:30 p.m. (Meet at Canoe Shed, Wing 404, 510 Dutton Dr., Waterloo) at 8:00 a.m.)

Cost: \$70.00

Need: PFD, whistle, dry sack (complete with change of clothes,) canoe shoes, lunch, snacks, water
Dress for the weather!

Questions: Contact us at info@oldsaltsclub.com