



Youth Adventure Kayak Camps

Novice paddlers aged 13-18 can experience the thrill of river kayaking on the Cowichan River with experienced, fully certified instructors.

Learn the following from experts during one of our day camps:

- paddle strokes & techniques
- basic rescue/ throw rope techniques
- reading rapids & river hazards
- group and leadership skills
- river impact and etiquette
- wet exits and Eskimo Rolls in our pool
- eddy turns, peel outs & ferries
- surfing and freestyle moves
- river hydrology
- environment & ecological issues

When: July 29-31, August 12-14

Where: Warm Rapids Inn

Requirement: Basic swimming skills

\$325 + GST per person includes kayaks, gear, T-shirt & course completion certificate.

For additional information contact the Warm Rapids Inn at
250.709.5543 or visit www.warmrapidsinn.com



*Accommodation with meals is possible at an additional cost subject to availability