



## Camp Yowochas Activity Guide **CANOEING**

Canoeing at Camp Yowochas is all about water safety and having fun while learning canoe skills. It can be just one session or the primary focus of your entire program. We have all the necessary equipment and an ideal sheltered site for teaching.

### **PROGRAM SPECIFICS**

- Groups up to 15
- Well suited for all ages
- Led by trained instructors
- Available late April to end October
- Participants learn basic paddle strokes including; forward, reverse, pry, and draw as well as what to do in the event of a capsized
- During the session a variety of games are played to help reinforce newly acquired skills



### **SAFETY CONSIDERATIONS**

Strong winds can make sessions more challenging. While all participants will wear a PFD they should be water confident. All staff are qualified Paddle Instructors and/or Lifeguards and certified in Standard First Aid and CPR.