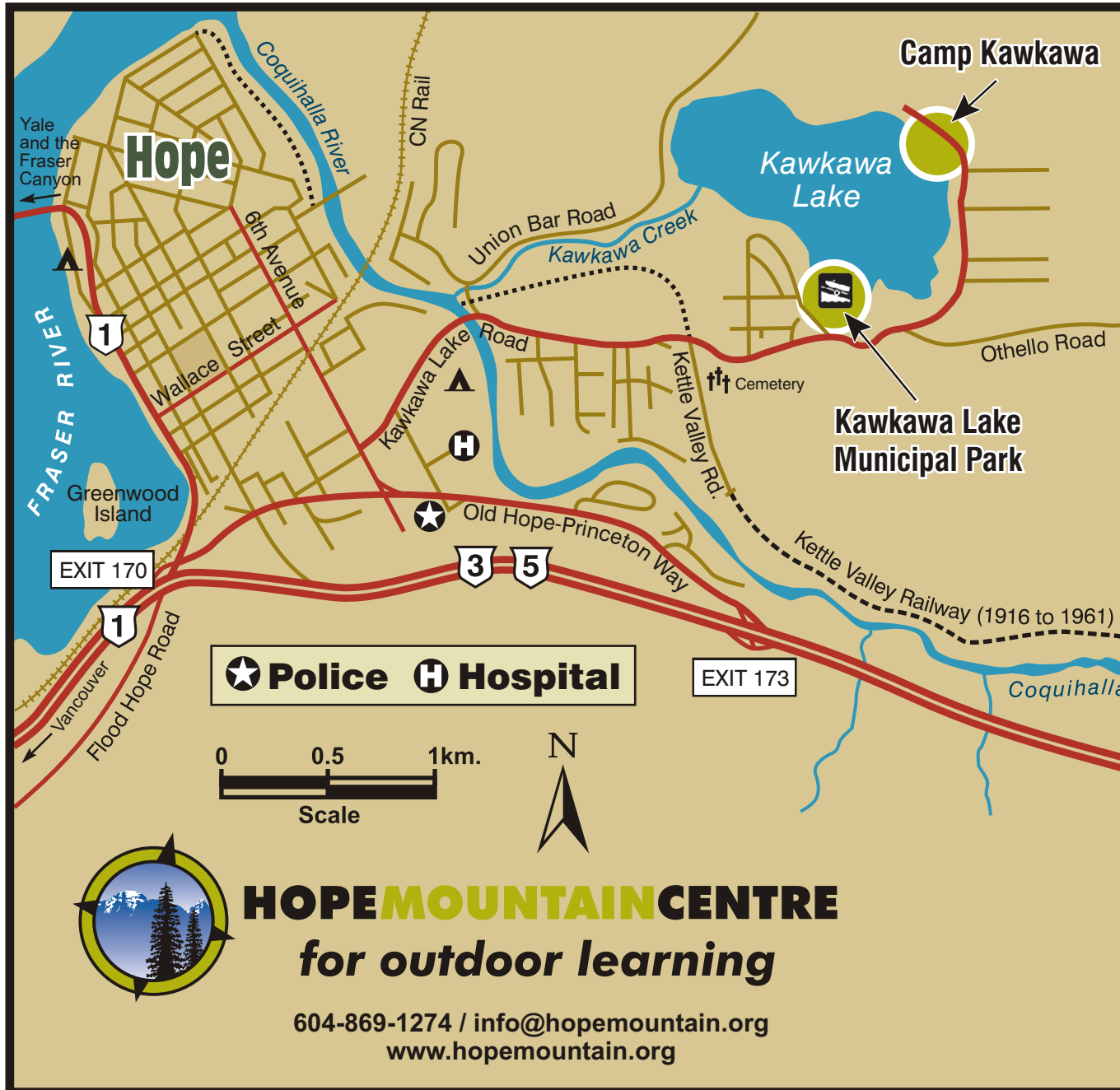


Paddle Skills Workshop – April 16th, 2010



ITINERARY:

Friday, April 16th

1:30 PM – Meet at Kawkawa Lake Municipal Park, at the public boat launch and wharf (see map).

1:30 to 5:30 – Learn paddle skills on Kawkawa Lake

5:30 PM – Workshop concludes

Saturday and Sunday, April 17th & 18th

The BC Recreational Canoeing Association (BCRCA) is having its Annual General Meeting at Camp Kawkawa. Members of the public are welcome to attend the various workshops, which feature some advanced canoeing skills presented by professional instructors. Participants must pre-register through the Hope Mountain Centre --- contact us by phone (604-869-1274) or e-mail info@hopemountain.org for more information, including a complete itinerary.

Organizers will provide:

- * Canoes
- * Paddles
- * PFD's (personal floatation devices)
- * Safety gear

What to Bring:

- * Water and snacks for the afternoon
- * Neoprene boots/socks if you have them, or some type of flexible footwear
- * Dry bag for carrying any personal items
- * Gloves
- * A complete change of clothing
- * Warm layers clothing while on the beach
- * Thermos, sunscreen, sunglasses, etc.
- * Waterproof rain gear
- * Wide brim hat for rain or sun, toque.
- * A wetsuit (optional)