

GRPC

From: Gorge Rowing and Paddling Centre [info@gorowandpaddle.org]
Sent: Friday, June 11, 2010 4:19 PM
To: Recipient List Suppressed
Subject: Exciting Updates from GRPC - Summer 2010!



Summer Greetings from the Gorge Rowing and Paddling Centre (GRPC).

We hope you are having a great year so far. Below are some exciting updates from GRPC.

1. GRPC Summer Water Sports Camps
2. Wave Grabber Race Series - Season Two
3. *NEW* Learn to Outrigger Canoe
4. *NEW* Coached Outrigger Canoe Program
5. Upcoming Dragon Boat Races at GRPC
6. Ocean Kayaking
7. Dragon Boat Race Prep Programs – No experience necessary!

1. GRPC Summer Water Sports Camps

Giving kids a chance to learn a variety of water sports in a safe, fun, and supportive environment, our summer camps are for children ages 6 to 12. Camps run from 9am to 4pm, Monday through Friday in July and August. Pre and post camp care are also available. Activities include: ocean kayak, rowing, outrigger canoe, dragon boat, swimming at Crystal Pool, visit to the Maritime Museum, guided nature hike, pizza party and much more! \$275 (sibling discount available)
REGISTER TODAY!

2. Wave Grabber Race Series, Season Two - STARTS NEXT WEEK!

This six-race paddling series offers fun recreational racing, followed by a delicious pizza party and draw prizes. Racers chose from one, two, or three laps of a 1.4km loop. Rental of a recreational kayak is included in the race fees, although private boats are also welcome. Races are open to recreational, performance, and flat water canoes and kayaks, surf skis, outrigger and marathon canoes, and paddle boards.

Dates: Tuesdays - June 15 & 16, July 13 & 27, August 10 & 24

When: Registration 6-6:30pm, Safety Meeting at 6:30pm, Race starts at 6:45pm

Cost:\$10

Visit www.wavegrabber.ca.

3. *NEW* Learn to Outrigger Canoe

The Learn to Outrigger Canoe program is an introduction to the sport of outrigger canoe, no previous paddling experience required. Our instructors take you through the basics of the paddling stroke, basic boat handling skills, and how to manage a capsize or "huli." Practice your paddling in a six-person, two-person, and one-person canoes! This program runs from 10am to 1pm on Saturday and Sundays. There is a maximum of six people per program. \$130 plus tax
Dates: June 19 & 20, June 26 & 27, July 10 & 11, July 17 & 18, August 21 & 22, August 28 & 29, September 4 & 5

4. *NEW* Coached Outrigger Canoe Program

Whether you seek the thrills of competition, want to take your paddling technique to the next level, or simply love the camaraderie of team sports, you will find it all at GRPC! This mixture of recreational and competitive paddlers enjoy

feedback from a qualified coach, and train twice weekly in a variety of outrigger canoes. The Coached Outrigger Canoe program runs from June 1st to August 27th, with ongoing registration available. \$287.28 plus tax
Practice Times: Mondays and Wednesdays 7 - 8:30pm

5. Upcoming Dragon Boat Races at GRPC

We are hosting three awesome days of dragon boat racing this summer. **Interested in lending a helping hand? Volunteers** receive a free t-shirt and lunch in exchange for a few hours of help. Email sarah@gorowandpaddle.org if you or your friends are interested.

- Womens Island Classic - July 24
- Gorge Fest - August 7
- Head of the Dragon - September 19

6. Ocean Kayak Rentals

If you are looking for a great activity on days you are not participating in your regular rowing and paddling program, remember GRPC has daily rentals in single and double kayaks. For all the details, visit the Ocean Kayaking section at www.gorgerowingandpaddling.com. There are many rental options, as well as group bookings available. GRPC features kayaks from Mountain Equipment Co-op and Necky.

7. GRPC Dragon Boat Race Prep Programs

Want to race dragon boats? **Compete at the Victoria Dragon Boat Festival** after training at GRPC by joining the GRPC Dragon Boat Racing Preparation Program. We provide a coach and steersperson. Program fees also include entry into two dragon boat festivals, the Gorge Fest on August 7th and the Victoria Dragon Boat Festival from August 13th to 15th. GRPC is the official training centre of the Victoria Dragon Boat Festival and offers official festival boats to train in. **No experience is required.** Visit the Dragon Boat section at www.gorgerowingandpaddling.com.

See you on the water! Thank you for your participation and support to date!

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Gorge Rowing and Paddling Centre (GRPC)

www.gorgerowingandpaddling.com

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GRPC is a GO Centre

GO Rowing and Paddling Association of Canada (GO)

GO is non-profit Canadian Athletic Association, and Registered Charity, dedicated to supporting, promoting, and advancing rowing and paddling sports in Canada.

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