

Canoe & Sea Kayak Instruction • Canoe & Sea Kayak Rentals • Sea Kayak Evening Trips • Ontario & Canada-Wide Canoe Certification & Sea Kayak Certification • Paddling School • In-Pool Winter Kayak Instruction & Practice Nights

*For 30 years now, we have been teaching the skills, safety, and joy of paddling to thousands of people. A canoe or kayak can take you to places you can't get to by foot, car or motorboat, as well as being a wonderful day or evening paddle away from the rush of city life. Three decades of focused dedication has gone into what we offer this year. Come down and learn new skills, increase your health and stamina, and meet others who like yourself, enjoy the natural side of Toronto. Our instructors are simply the nicest, most genuine and enthusiastic you will meet! Friendly faces will make sure you learn safely and comfortably, ensuring your experience becomes a healthy, lifelong, and important part of your life! By using Ontario and Canada's best certification systems, we offer you the opportunity to develop safe, and fun skills. We offer paddling programs, socials & trips year-round, and our lakeside office doors are open from May 19 – October 1, 2010. We all hope to see you soon and welcome you to another great year of 'excellence on the water!'*

*All the best,*

*Dave & Clare Corrigan, & James Kowalewski*

Local - 416-203-2277

Toll-free - 800-960-8886

ask@paddletoronto.com

### TO REGISTER FOR A PROGRAM

You can request a program by email, or register anytime of the year right over the phone with Visa, MasterCard or American Express by calling (416) 203-2277 or (800) 960-8886. If you do get the answering machine please leave the spelling of your name, home & work phone #'s, email, and the program & date you are interested in. We will call you back shortly to confirm availability, ask for credit card info, and mail or email you a confirmation with location and a "things to bring" list. All paddling programs include paddles, skirts, PFDs, boats and safety equipment. Thanks for your interest and joining in with our family!

### "CANCELLATION" OR "TRANSFER TO ANOTHER DATE" POLICY

- Full Refund/No Transfer Charge if more than 5 days prior to program
- Full Refund less \$20 Charge/No Transfer Charge if between 5 - 2 days before program
- 30% Refund/Transfer Charge if less than 48 hours before program
- No Refund if we aren't notified before a program

### LOCATION

**We are in a Blue and White building** located south of the Rogers Centre (Skydome) right on the edge of Lake Ontario. Our office is directly south of Harbourfront Yachting on the S.W. corner of Queens Quay W. and Rees St (Robertson Crescent), and we are neighbors to the Marine Police Station.

**By TTC**, take the Queens Quay West Street Car (Harbourfront LRT) from underground at Union Station. We are located by the 3<sup>rd</sup> streetcar stop so please disembark at the Rees St. (Radisson Plaza Hotel) and walk 10 metres South towards the waterfront.

**By Car**, pay parking is available on the North/West corner of Queens Quay W. & Rees St. OR just East of Bathurst and Queens Quay W. (South side of the road). There is additional hourly metered parking on Robinson Cres (south end of Rees St), under the Radisson Hotel, and just west of the above Queens Quay W / Rees parking lot, in past the beer store. About a 15 minute walk away, you can park at a discounted daily rate at Marina Quay West which is just east of Bathurst St on the south side of Queens Quay.

### GIFT CERTIFICATES

Gift Certificates are available year 'round and in any quantity. They can be used towards any of the programs we offer, as well as rentals. Give the gift of health, happiness, and relaxation to enjoy right here in the city!

### CANOE & KAYAK STORAGE

Store your personal canoe or kayak right by the water! We provide group paddling nights, BBQ gatherings and brand new outdoor roller-racks, you provide the lock and insurance. Storage season runs yearly May 1 – April 30.

**Fees for 1 Boat: \$349 + Tax per boat per year**

**Fees for 2<sup>nd</sup> Boat (married/common-law only): \$249 + Tax per boat per year**

## CANOE & KAYAK RENTALS

The 13 Toronto Islands are on our doorstep, with secluded beaches, bird sanctuaries, washrooms, picnic areas, a cottage-country feel, and many waterways to paddle and relax. Stay healthy and enjoy wilderness in the city!

Prices include all taxes, equipment & map. Damage deposit required (Visa or MasterCard)

CANOES (max. 2 people per canoe)		
Equipment	Hour	Day
16 ft.	\$30	\$60

TOURING SEA KAYAKS		
Equipment	Hour	Day
Single Person	\$30	\$70
Tandem	\$40	\$85

### SAVE MONEY!

#### Prepay Your Rental with the Frequent Paddler Card

By purchasing a **Frequent Paddler Card (FPC)**, we will help you stay active and healthy, help you escape the concrete city more often with new friends, and most importantly, help you **save money!** With the **FPC**, we will be able to get you on the water faster and you won't have to worry about carrying around cash for your daily, weekly or monthly adventure. Additionally, the **FPC** is ideal for paddling on the **Evening Social Group Paddles** (Wed, Thurs, or Fri), or to create your own 'day vacation' from the big city practically anytime you want. If you provide us with enough notice, we will do our best to provide you with your favourite boat. Remember, your card never expires and makes a great gift.

**CONTINUING IN 2010! - Select 'Above and Beyond' Programs can be paid with FPC stamps!**

10 stamp card is **\$125 + tax** (\$12.00/stamp + tax)  
20 stamp card is **\$195 + tax** (\$9.75/stamp + tax)

Rent up to a day...	On...	You'll use...	You have Saved...
Canoe	Mon-Fri	2 stamps (\$19.50/boat+tax)	\$40.50
Canoe	Sat/Sun/Holidays	4 stamps (\$39/boat+tax)	\$21.00
Kayak	Mon-Fri	2 stamps (\$19.50/boat+tax)	\$50.50
Kayak	Sat/Sun/Holidays	4 stamps (\$39/boat+tax)	\$31.00
Tandem Kayak	Mon-Fri	3 stamps (\$29.25/boat+tax)	\$55.75
Tandem Kayak	Sat/Sun/Holidays	6 stamps (\$58.50/boat+tax)	\$26.50

**Notes:** During July & Aug, Mon-Fri 9:00am-3:30pm canoe and kayak availability is limited due to our kids camps program. Always call well in advance to reserve a boat.

**Cancellation of Reservation:** Call us 4 hours prior to an evening rental, and 16 hours prior to a morning rental to cancel at no charge.

### CLEAN UP THE BAY & SAVE!

Come back from your favorite area with 3 bags of garbage, and you'll get your rental at half price! We'll provide the garbage bags. It feels great, and it is another way that we can work together for a cleaner environment. Interested in other environmental issues that we are concerned about? ...Check out the "Our Planet" section of our web site at [paddletoronto.com](http://paddletoronto.com)

#### Group Social Paddles & BBQ Nights - Every Wed. Thurs. & Fri. nights beginning June 2 – Oct 1, 2010

Want to paddle with a guide and other paddlers? Plan to join us on our Group Social Paddles & BBQ nights. These Beginner/Intermediate relaxed kayak guided trips run every Wed. Thurs. & Fri. nights. Enjoy paddling into a setting sun with barbecued beef & veggie burgers plus cheezies awaiting your arrival. The money raised from the BBQ donations goes toward the cost of the food and environmental charities. It's a great time to get to know others and future paddling buddies. The most economical way to enjoy this is to choose the **Frequent Paddler Card** that best suits your timetable and budget. **FPC's** never expire. Please give yourself enough time to sign in, change, prepare your boat, and get onto the water by 6:30pm. Our Sept Paddling will start at 6:00pm.

**Fees: \$30 incl. taxes OR 2 FPC Stamps**

#### Kayak Morning Social Paddle

Good Morning! We are pleased to continue our Morning Social Paddles. In the same spirit as our very popular Evening BBQ paddles, Harbourfront Canoe and Kayak Centre offers guided morning paddles to enjoy the morning sun and the opportunity to be first on the water. Join one of our "early to rise" instructors on a leisurely paddle to the Toronto Islands, Ontario Place and any other location of interest BEFORE the regular water traffic starts! 6:30-8am.

**Dates: June 24, July 8, 21, Aug 5, 18, Sep 1.**

**Fees: \$25 incl. taxes OR 2 FPC Stamps**

## SEA KAYAKING

*The water of our Great Lakes is perfectly suited to this sleek craft. Kayaks move through the water with ease and are designed to handle choppy water with confidence. It's wonderful to power your own boat silently by yourself, and to feel the freedom, relaxation and connection to nature that paddling in the city offers!*

### Two-Day Weekend Kayak Course

These great weekend skill sessions will be spent in the fabulous Toronto Island Archipelago. We will spend lots of time on the water, striving to become intimate with the special "feel" of the sea kayak. Even if you have never been in a kayak before, this course will take you right from the beginning, and will most importantly give you time to ask questions and refine the paddling skills you have learned. Participants have the opportunity to achieve their **Paddle Canada Flatwater Kayak Certification** dependant on ability, and by combining this course with the **In-pool Rescue Course** (see below). Classes run from 10:00am to 4:30pm on Saturday and Sunday. Participants should bring a lunch or be prepared to buy one. Maximum class size is 6.

**Dates: May 29-30 June 5-6, 19-20, 26-27 July 3-4, 10-11, 17-18, 24-25, 31-1 Aug 7-8, 14-15, 21-22, 28-29 Sept. 4-5, 11-12**

**Fees: \$245 + TAX**

### One Evening Kayak Course

Take advantage of these one evening beginner-training sessions and familiarize yourself with the equipment and the special skills so that you can enjoy yourself kayaking whenever the opportunity arises. Most of the past participants of this course feel confident enough to join us for our evening **Social Paddles** or to **Rent**. Taking our **In-Pool Rescue Course** (see below) is a great additional course to combine with this evening to increase your confidence on the water. This is our most popular class, so register early to avoid disappointment. Most of the evening is spent on the water. Class runs 5:30 to 9:00 pm. Maximum class size is 6.

**Dates: May 31 June 7, 14, 21, 28 July 5, 12, 13, 19, 26 August 3, 9, 16, 23, 24, 30 Sept. 7**

**Fees: \$94 + TAX**

### Kayaking Value Package (5 classes to take you from beginner to beyond)

We have put together five classes, which will run once a week designed to provide you with skills in multiple facets of sea-kayaking. Over the 5 courses you will have the opportunity for consistent exposure and progression as you also build your paddling community with fellow aspiring paddlers. **Taking all five classes separately would cost over \$625.00.**

**Topics include:** Basic to Intermediate Kayak Strokes, Assisted Rescues and Towing, Balancing, Edging and Recovery Strokes, Basic to Dynamic Kayak Maneuvers, and a \*Full-Day Excursion.

**Dates: July 6 (5:30-9pm), July 13 (5:30-9pm), July 20 (5:30-9pm), July 27 (5:30-9pm), and \*Aug 3 (10:00-4:30pm)**

**Fees: \$495 + TAX**

### Pool Practice Nights

These 1 to 4 hour sessions allow you to use our boats to practice whatever you want and have fun! A great way to cure the winter blues and remember just how much fun sea kayaking is. Keep in mind the pool temperature is usually 30 C. so refresh what you have been taught over the years and tip over as often as you like! Choose to start 7:00pm, 8:00pm, 9:00pm or 10:00pm. Maximum class size is 6.

**Dates: Jan 22 Feb 5, 19 Mar 12 Apr 9, 30 May 7**

**Fees: \$45 + TAX/Hour**

### NEW! HIRE A PRIVATE INSTRUCTOR DURING POOL PRACTICE SESSIONS

A new option to our Pool Practice Nights is the opportunity to hire your own private instructor by the hour. This option is intended for those wishing to perfect their rolling, rescue or learn new tricks but is also a great option for those looking to get a head start on learning to kayak, or have any apprehensions towards being in a kayak. Private instructor fees (plus tax) are as follows:

**Pool Practice Session: \$45/hour PLUS Private Instructor: \$50/hour for one student or \$45 each/hour for two students**

### Pool Sea Kayak Rescue Course

Possibly the most important course we teach! Have you ever wondered what would happen if you, or a fellow kayaker, tipped over while paddling...would you know what to do? These 2-hour sessions in a downtown Toronto pool will reassure the beginner or experienced paddler how easy it is to exit an overturned sea kayak and, with simple technique, get back in from the water. With an instructor standing by your side, you can learn solo and assisted re-entry procedures. **Sometimes it's you who needs the rescue, but most of the time it's you who needs to perform the rescue.** Improve your confidence and most importantly, safety on the water. Choose either 7:00pm or 9:00pm start. Maximum class size is 6.

**Dates: Feb 23 Mar 5, 26 Apr 16, 27 May 14, 28 June 11 July 30 Aug 6**

**Fees: \$105 + TAX**

### Pool Sea Kayak Rolling Course

This course is for paddlers who already know their in-water rescues and have experience paddling. Compliment your paddling and rescue skills by learning to roll. These 2-hour sessions in a warm downtown Toronto pool will teach rolling technique in a 2:1 participant/instructor ratio to best ensure a great learning experience! Choose either 7:00pm or 9:00pm start. Maximum class size is 4 participants with at least 2 instructors.

**Pre-requisite:** Rescues Course or equivalent experience

**Dates: Feb 16 Mar 19, 30 Apr 23 May 4, 21 June 4 July 23 Aug 13**

**Fees: \$129 + TAX**

*Sea Kayaking continued...*

### **Paddle Canada Flatwater Skills Certification Course**

Simply let your instructor know that certification is your wish, and take any one of our Weekend Kayak Courses along with any of our In-Pool Rescue Courses.

### **Paddle Canada Flatwater Instructor Certification Course (3 days)**

This Paddle Canada nationally recognized certification course is for experienced paddlers who have achieved their SK1 Certification and want to teach kayaking. We will hone your paddling skills then teach you how to teach, including lesson plans, group safety, group interaction and learning styles, as well as all your Paddle Canada materials. Fri, Sat & Sun 9:30am to 6:00pm.

**Pre-requisite:** SK1 Certification or equivalent experience, & pre-payment of Paddle Canada Instructor Candidate materials/membership fee.

**Dates:** June 18, 19, & 20

**Fees:** \$395 + TAX

### **Paddle Canada Sea Kayaking Level 1 Certification Course (2 ½ days)**

This thorough 2 ½ day weekend program is for those who want Canada-wide certification in Sea Kayaking. The paddling skills, rescues and theory you learned in the weekend course and pool course will be reviewed and tested. Program begins Fri 6:00-9:00pm and continues Sat & Sun 9:30 am to 6:00pm.

**Pre-requisites:** Map & Compass 1 Course, Pool Rescue Course and Weekend Kayak Course or equivalent skills

**Dates:** July 2, 3, 4 OR Aug 20, 21, 22

**Fees:** \$279 + TAX

### **Paddle Canada Sea Kayaking Level 1 Instructor Certification Course – 2 Weekends (4 ½ days)**

This is another great course that is running in conjunction with our Flatwater Instructor Course. This 4 1/2 day Course is great experience for those who wish to become a better instructor. Fri. 6:00-9:00pm and continues Sat and Sun 9:30-6:00pm.

**Pre-requisite:** SK2 Certification or equivalent experience, 18 years old, Basic First Aid/CPR, Paddle Canada membership, and 30 days tripping experience.

**Dates:** June 18, 19, 20 plus June 26, 27

**Fees:** \$575 + TAX

### **Paddle Canada Sea Kayaking Level 2 Certification Course – 2 Weekends (4 days)**

This 4-day Paddle Canada nationally recognized certification course is for experienced paddlers who have acquired their SK1 Certification and want to advance their skills. We will hone your paddling skills and advance your knowledge of safe seamanship. Includes all Paddle Canada materials, paddling equipment and camping fees on the Toronto Islands. Program runs Sat & Sun from 9:30 am to 6:00pm each day.

**Pre-requisite:** SK1 Certification or equivalent experience, Wilderness First Aid (16 hours) with CPR strongly recommended, and 3 day-long, kayaking trips in different locations.

**Dates:** July 3-4 and July 10-11 OR Aug 14-15 and 21-22

**Fees:** \$545 + TAX

### **Kayak Dynamic Paddling Skills (Intermediate Paddlers)**

Each course will be different as we take the evening's sea state and work on varying skills. This course is designed for intermediate paddlers. From trying rescues in choppy water and wind, or finessing low-brace turns on calm evenings, you will really enhance your abilities! Course runs from 6:00 to 9:00pm.

**Dates:** July 12 Aug 16

**Fees:** \$79 + TAX OR 7 FPC Stamps (Note: \$10 discount if bringing your own boat)

### **Kayak Night Cruises – See the Harbour in an entirely new light!**

Due to the unique nature of a night paddling program, such as tighter ratios of guide-to-participants and additional required equipment, ensures the safety and quality of this specialized excursion. Whether it's exploring the Chinese Lantern Festival, viewing the skyline at night or counting the stars over the Toronto Islands, come and discover the peacefulness and beauty of paddling Toronto at night.

**Prerequisite:** Previous paddling experience

**Dates:** July 20 (8:30-11pm) Aug 10 (8:00-10:30pm) Aug 24 (7:30-10:00pm) Sep 7 and 20 (7:30-10pm)

**Fees:** \$69 + TAX OR 6 FPC Stamps (Note: \$10 discount if bringing your own boat)

### **Kayak & Canoe Recreational Race Series**

Starting in June, we will be running an evening points-series race with prizes ...stay afterwards for the BBQ, & stay tuned to our e-newsletter and website for details! We have categories from beginners to adventure racers. Simply call to reserve a boat or bring your own!

**Dates:** June 13, 29 July 13, 27 Aug 10

**Entry Fee:** \$5.00 (Boat Rental Extra)

*Sea Kayaking continued...*

## Kayak-Exercise Evening Classes

Kayak-Exercise is an activity that offers anyone with interest the opportunity to combine a fantastic core workout with basic to advanced kayak drills, techniques and games. Due to the "paddle-friendly" design of our kayakercise boats, you do not need to be proficient in kayaking to participate. We do however require that you have previous kayaking experience. Each class starts out with an on-land warm-up, stretching and core strengthening before heading out onto the water for your main workout. End your day with an invigorating on-water class! This program is designed so you can customize your own schedule. There's no contract to sign, renew at anytime and choose your own schedule.

**Dates: Spring/Summer Classes beginning June 7**

**Monday 6:00-7:30pm – on-water Endurance Paddle (approx 8km)**

**Wednesday 6:00-7:30pm – on-water workout intervals and circuit**

**Friday 6:00-7:30pm – on-water workout intervals and circuit**

**Fees: Class-by-Class \$25 + TAX**

**5 Classes \$99 + TAX**

**10 Classes \$175 + TAX**

## Private Kayak Lessons

Learn at your own speed from one of our certified instructors. Lessons run for three hours and are limited to 6 participants per group.

<b># of people:</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Fees per person:</b>	<b>\$185</b>	<b>\$125</b>	<b>\$105</b>	<b>\$95</b>	<b>\$90</b>	<b>\$85 (PLUS TAX)</b>

## WINTER IN-POOL PADDLING

Don't let snow on the ground keep you from paddling each winter. Our In-Pool Kayaking sessions begin in January and continue throughout the winter. Be sure to be on our email newsletter list to receive updates, and download our new 2010 brochure right from the web site at the end of 2009.

## ABOVE & BEYOND PROGRAMS

**NEW! Pay for select Above & Beyond Programs with FPC Stamps**

*Our Above & Beyond Programs teach valuable tips to make your next trip outdoors comfortable and relaxing.*

*The on-land Programs include relevant printed course materials. The on-water Clinics includes your favorite boat & equipment.*

### Map & Compass/Navigation Level 1 (Evening)

On-Land...For the beginner or as a great refresher course, Map and Compass/Navigation Level 1 starts with map reading and basic compass use as individual tools and ends with learning how to use the two together as a functional skill. Course runs 5:30-9:00pm.

**Dates: May 25 June 15 July 19**

**Fees: \$69 + TAX/evening OR 6 FPC Stamps**

### Map & Compass/Navigation Level 2 (Full Day)

So you have a basic understanding of how to use a map and compass, now lets apply it! The day is split into two parts. The morning is spent reviewing map and compass skills to set up the afternoon for actual on-water navigation. Course runs 10:00am to 4:30pm.

**Dates: June 5 July 24**

**Fees: \$120 + TAX (Note: \$10 discount if bringing your own boat)**

### Kayak Dynamic Paddling Skills

Each course will be different as we take the evening's sea state and work on varying skills. This is for intermediate paddlers. From trying rescues in choppy water and wind, or finessing low-brace turns on calm evenings, you will really enhance your abilities! Course runs from 6:00 to 9:00pm.

**Dates: July 12 Aug 16**

**Fees: \$79 + TAX OR 7 FPC Stamps (Note: \$10 discount if bringing your own boat)**

### Kayak Night Cruises – See the Harbour in an entirely new light!

Due to the unique nature of a night paddling program, such as tighter ratios of guide-to-participants and additional required equipment, ensures the safety and quality of this specialized excursion. Whether it's exploring the Chinese Lantern Festival, viewing the skyline at night or counting the stars over the Toronto Islands, come and discover the peacefulness and beauty of paddling Toronto at night. **Prerequisite:** Previous paddling experience is required for this program

**Dates: July 20 (8:30-11pm) Aug 10 (8:00-10:30pm) Aug 24 (7:30-10:00pm) Sep 7 and 20 (7:30-10pm)**

**Fees: \$69 + TAX OR 6 FPC Stamps (Note: \$10 discount if bringing your own boat)**

*Above & Beyond Programs continued...*

## Group Social Paddles & BBQ Nights....Every Wed. Thurs. & Fri. nights beginning June 2nd – Oct 1st

Want to paddle with a guide and other paddlers? Plan to join us on our Group Social Paddles & BBQ nights. These beginner/Intermediate relaxed kayak guided trips run every Wed. Thurs. & Fri. nights. Enjoy paddling into a setting sun with barbecued beef & veggie burgers awaiting your arrival. The money raised from the BBQ donations goes toward the cost of food and environmental charities. It's a great time to get to know others and future paddling buddies. The most economical way to enjoy this is to choose the **Frequent Paddler Card** that best suits your timetable and budget. **FPC's** never expire. Please give yourself enough time to sign in, change, prepare your boat, and get onto the water by 6:30pm. Our Sept Paddling will start at 6:00pm.

**Fees: \$30 taxes incl. OR 2 FPC Stamps**

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Good Morning! We are pleased to continue our Morning Social Paddles. In the same spirit as our very popular Evening BBQ paddles, Harbourfront Canoe and Kayak Centre offers guided morning paddles to enjoy the morning sun and the opportunity to be first on the water. Join one of our "early to rise" instructors on a leisurely paddle to the Toronto Islands, Ontario Place and any other location of interest BEFORE the regular water traffic starts! 6:30-8am.

**Dates: June 24 July 8, 21 Aug 5, 18 Sep 1**

**Fees: \$25 taxes incl. OR 2 FPC Stamps**

## Kayak & Canoe Recreational Race Series

Starting in June, we will be running an evening points-series race with prizes ...stay afterwards for the BBQ, & stay tuned to our e-newsletter and website for details! We have categories from beginners to adventure racers. Simply call to reserve a boat or bring your own!

**Dates: June 13, 29 July 13, 27 Aug 10**

**Entry Fee: \$10.00 (Boat Rental Extra)**

## CANOEING

*Canoeing is a wonderful way to get away from the crowds and do some amazing camping. Easy to pack, portage, and social to paddle, these boats and the knowledge you gain from these courses, will allow you to physically and emotionally escape to our world-renown Ontario Parks!*

## Weekends Canoe Course

Perfect for a beginner or intermediate canoeist who wants to renew and enhance their skills. Develop your paddling ability amongst the fabulous Toronto Island Archipelago. Topics include dock entries and exits, seating positions, safety and rescues, portaging, changing positions, draws, prys, the "J" stroke, canoe design, tandem and some solo paddling. ORCKA Flatwater Basic Level 1 & 2 Certification available dependent on your goals and ability. Classes run Sat & Sun 10:00am to 4:30pm. (Note: Let us know if you are interested in Level 3 Certification Courses)

**Dates: June 19-20 July 10-11 July 24-25 August 7-8**

**Fees: \$189 + TAX**

## Solo Canoeing ORCKA "D" Course

This is the art of canoeing - learning to make your canoe dance on the water. A great addition to your skills, this day offers a basic understanding and practicing the techniques needed to control your boat paddled solo. Depending on participant ability, ORCKA Flatwater Canoe D Certification is available. Prerequisite is the Canoe Weekend course or equivalent skills. Course runs 10am-6pm.

**Dates: Aug 14**

**Fees: \$95 + TAX**

## Evenings Canoe Course (Introduction to Canoeing)

Whether you wish to start a new hobby, refresh your stroke memory or are just curious about canoeing, this introductory program has been designed to satisfy all. This evening course focuses on the basics needed to get you started, including basic canoe control, portaging, dock entries and exits, canoe safety and much more! Sessions run weekday evenings from 5:30-9:00pm.

**Dates: June 7 July 5 Aug 9**

**Fees: \$79 + TAX**

## Private Canoe Lessons

Learn at your speed from one of our certified instructors. Lessons run for three hours and are limited to 6 participants in your group.

<b># of people:</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Fees per person:</b>	\$185	\$125	\$105	\$95	\$90	\$85 (PLUS TAX)

## EXCURSIONS!!

Check out our new Excursions website and enroll for our monthly e-note to find out more about the trips we run! Visit our travel website: [www.harbourfrontadventures.com](http://www.harbourfrontadventures.com) for details, itineraries and updates.

## GROUP PACKAGES

We have wonderful ideas for fun group dynamics, and to bring your group together. For over 25 years, we have provided our huge Voyageur Canoes, tandem canoes, kayaks, leadership, insurance, skills and knowledge of wonderful location to thousands of people at great value. The 13 Toronto Islands are on our doorstep with secluded beaches, bird sanctuaries, washrooms, and picnic areas. Call us for information on the different packages we offer and pricing.

## CORPORATE SOLUTIONS

Our Corporate events can take on many forms; from exciting head-to-head races or single challenges, to leisurely paddles through the Toronto Island Archipelago – all you need to do is choose!

### **The Incredible Island Race**

This is by far our most popular event! In a similar format to a certain popular television show, teams travel to various locations across the Islands completing tasks in order to gain their next clue. The first team to complete the entire race is declared the overall winner. We've observed that teams who truly work together typically excel in this event. Time scheduled for this event is 2 hours; although duration can be customized.

### **Island Passport Scavenger Hunt**

Teams are handed a passport, map, compass and a few other specialty items. With only a certain amount of time, use these items in order to collect information and perform small tasks on your way to the finish line. But we warned! There are more tasks than time permits so group strategy must be used as certain tasks are worth more points than others, and penalties are charged for teams arriving late to the finish line. Time scheduled for this event is 2 hours; although duration can be customized.

## KID'S CAMPS

We run exciting day camps every week in July and August that are very affordable. Programs run 9am-3pm Weekdays and early/late pickups are available. Supervised busing is available from about 40 stops throughout Toronto. To register or get more information, please call the Harbourfront Centre Harbourkids Camps Hotline at (416) 973-4093 or visit their website at [www.harbourfrontcentre.com/camps](http://www.harbourfrontcentre.com/camps)

### **Kinder-Canoe: Ages 6 to 8**

This exciting program provides loads of outdoor fun and activities for young campers. Traditional canoeing skills are taught by our experienced staff in the safe, protected waters of our site including the Natrel Pond at York Quay Centre. Campers also use 24- and 36-foot Voyageur canoes to re-enact great moments from canoeing history. Crafts, games, camping skills and environmental awareness are included in this active week-long program.

### **Canoeing: Ages 9 to 14 (Campers grouped by age)**

Campers explore Toronto's protected Inner Harbour and the amazing lagoons of the Toronto Islands while learning paddling skills and water safety. Outdoor cooking, voyageur games and leadership skills are also taught, along with lessons on the importance of the canoe in Canadian history. Campers have the opportunity to work toward their Ontario Recreational Canoeing Association certification. Returning and/or experienced canoeists can achieve higher certification.

### **Outdoors Bound: Ages: 9 to 11**

These camps focuses on a variety of exciting outdoor skills, including tandem & voyageur canoeing, camping, environmental awareness, and water safety. Tenting, outdoor cooking, fire-building, beginner first aid and the essentials of packing smart and being prepared are all a part of this active week-long program.

### **Outdoors Beyond: Ages 11 to 15**

Campers use skills learned in this camp on a supervised overnight camp-out on the Toronto Islands completing this 'great outdoors' experience. Canoeing, kayaking, water and campsite safety, outdoor cooking, fire building, orienteering, beginner first aid, packing smart and tenting are all part of this outdoor introduction. This camp helps facilitate entry into the Canoe & Kayak Centre's leadership training program at age 15.

### **Sea Kayaking: Junior: ages 10 to 15**

Campers, grouped by age, learn the exciting sport of sea kayaking through expert instruction in paddling techniques, equipment function and repair, boat rescues, and water safety. This sleek, stable watercraft is a perfect vehicle for expeditions through Toronto's Inner Harbour and the Toronto Islands and is very popular in provincial parks and holiday destinations worldwide. Campers also learn water safety, packing skills, environmental awareness, and weather prediction through a variety of outdoor activities and group games.

### **Instructor in Training (I.I.T): Free to ages 15-16**

Youth volunteer at least five weeks during the summer and come away with new canoe and kayak skills, leadership training, and the best chance of getting a job with us next summer. This is a wonderful environment to spend a summer! Week-long training begins the last week of June. Email us for more details or an application package.

## 2010 Program Calendar

Jan 22	In-Pool Practice Night	July 6	Kayak Value Package
		July 8	Morning Social Paddle
Feb 5	In-Pool Practice Night	July 10-11	Paddle Canada SK2 Skills Course Part 2
Feb 16	In-Pool Rolling Course		Weekend Kayak Course
Feb 19	In-Pool Practice Night		Weekend Canoe Course
Feb 23	In-Pool Rescue Course	July 12	Evening Kayak Course
			Dynamic Paddling Skills
Mar 5	In-Pool Rescue Course	July 13	Evening Kayak Course
Mar 12	In-Pool Practice Night		Kayak Value Package
Mar 19	In-Pool Rolling Course		Kayak Race Series
Mar 26	In-Pool Rescue Course	July 17-18	Weekend Kayak Course
Mar 30	In-Pool Rolling Course	July 19	Evening Kayak Course
			Map & Compass 1 Course
Apr 9	In-Pool Practice Night	July 20	Kayak Night Cruise
Apr 16	In-Pool Rescue Course		Kayak Value Package
Apr 23	In-Pool Rolling Course	July 21	Morning Social Paddle
Apr 27	In-Pool Rescue Course	July 23	In-Pool Rolling Course
Apr 30	In-Pool Practice Night	July 24	Map & Compass 2 Course
		July 24-25	Weekend Kayak Course
May 4	In-Pool Rolling Course		Weekend Canoe Course
May 7	In-Pool Practice Night	July 26	Evening Kayak Course
May 14	In-Pool Rescue Course	July 27	Kayak Race Series
May 19	Lakefront Office Opens!		Kayak Value Package
May 21	In-Pool Rolling Course	July 30	In-Pool Rescue Course
May 25	Map & Compass 1	July 31-Aug 1	Weekend Kayak Course
May 28	In-Pool Rescue Course		
May 29-30	Weekend Kayak Course	Aug 3	Evening Kayak Course
May 31	Evening Kayak Course	Aug 5	Morning Social Paddle
		Aug 6	In-Pool Rescue Course
June 2	Social Paddles & BBQs Begin!	Aug 7	Kayak Value Course
June 4	In-Pool Rolling Course	Aug 7-8	Weekend Kayak Course
June 5	Map & Compass 2 Course		Weekend Canoe Course
June 5-6	Weekend Kayak Course	Aug 9	Evening Kayak Course
June 7	Evening Canoe Course		Evening Canoe Course
	Evening Kayak Course	Aug 10	Kayak Night Cruise
	Kayak-Exercise Classes Begin!		Kayak Race Series
June 11	In-Pool Rescue Course	Aug 13	In-Pool Rolling Course
June 12-13	Paddlefest and Kayak Race Series Begins	Aug 14	Solo Paddling Course
June 14	Evening Kayak Course	Aug 14-15	Paddle Canada SK2 Skills Course Part 1
June 15	Map & Compass 1 Course		Weekend Kayak Course
June 18-20	Paddle Canada Flatwater Instructor Course	Aug 16	Dynamic Paddling Skills
	Paddle Canada SK1 Instructor Course Part 1		Evening Kayak Course
June 19-20	Weekend Kayak Course	Aug 18	Morning Social Paddle
	Weekend Canoe Course	Aug 20-22	Paddle Canada SK1 Skills Course
June 21	Evening Kayak Course	Aug 21-22	Paddle Canada SK2 Skills Course Part 2
June 24	Morning Social Paddle		Weekend Kayak Course
June 26-27	Paddle Canada SK1 Instructor Course Part 2	Aug 23	Evening Kayak Course
	Weekend Kayak Course	Aug 24	Kayak Night Cruise
June 28	Evening Kayak Course		Evening Kayak Course
June 29	Kayak Race Series	Aug 28-29	Weekend Kayak Course
		Aug 30	Evening Kayak Course
July 2-4	Paddle Canada SK1 Kayak Skills Course	Sep 1	Morning Social Paddle
July 3-4	Paddle Canada SK2 Skills Course Part 1	Sep 4-5	Weekend Kayak Course
	Weekend Kayak Course	Sep 7	Kayak Night Cruise
July 5	Evening Canoe Course		Evening Kayak Course
	Evening Kayak Course	Sep 11-12	Weekend Kayak Course
		Sep 20	Kayak Night Cruise