

# WHITEWATER DEMO POOL

## FRIDAY

- 11:30 AM** Gentle Family Rafting for kids 6-12 years old  
Wilderness Tours / Ottawa Kayak School
- 12:00 PM** How to get into Kayaking  
Wilderness Tours / Ottawa Kayak School
- 1:00 PM** Kayak Safety & Rescue  
Frontenac Outfitters
- 2:30 PM** SUP Yoga  
ROVE Board
- 3:30 PM** Pack Boat and Solo Canoe  
Swift Canoe & Kayak
- 4:30 PM** Solo Whitewater Canoeing  
Madawaska Kanu Centre
- 5:30 PM** Time to Get Your Paddles Wet in the Pool for a Canoe Demo  
Souris River Canoes
- 6:00 PM** Introduction to Canoeing  
ORCKA (Paddling Instruction)



## SATURDAY

- 11:00 AM** Introduction to Kayaking  
ORCKA (Paddling Instruction)
- 11:30 AM** SUP Yoga  
ROVE Board
- 12:00 PM** Solo Whitewater Canoeing  
Madawaska Kanu Centre
- 12:30 PM** Basic SUP Training  
Taiga Board and SUP Girlz
- 1:00 PM** Time to Get Your Paddles Wet in the Pool for a Canoe Demo  
Souris River Canoes
- 1:30 PM** Advanced Solo Canoe Paddling  
H2O Paddle Sport Inc.
- 2:00 PM** Pack Boat and Solo Canoe  
Swift Canoe & Kayak
- 2:30 PM** Gentle Family Rafting for kids 6-12 years old  
Wilderness Tours / Ottawa Kayak School
- 3:00 PM** How to get into Kayaking  
Wilderness Tours / Ottawa Kayak School
- 3:30 PM** Packraft Setups You Can Use for Extended Trips  
Boreal River
- 4:30 PM** Paddling with your Pooch!  
Preston Ciere

## SUNDAY

- 11:00 AM** Solo Whitewater Canoeing  
Madawaska Kanu Centre
- 11:30 AM** Kids Interactive Kayaking Game  
Paddlers Co-Op
- 12:00 PM** Time to Get Your Paddles Wet in the Pool for a Canoe Demo  
Souris River Canoes
- 1:00 PM** Gentle Family Rafting for kids 6-12 years old  
Wilderness Tours / Ottawa Kayak School
- 1:30 PM** How to get into Kayaking  
Wilderness Tours / Ottawa Kayak School
- 2:00 PM** Kayak Safety & Rescue  
Frontenac Outfitters
- 2:30 PM** Pack Boat and Solo Canoe  
Swift Canoe & Kayak
- 3:00 PM** SUP Yoga  
ROVE Board
- 3:30 PM** Introduction to SUP  
ORCKA (Paddling Instruction)

