

# WHITEWATER DEMO POOL

## FRIDAY

- 11:30 AM** Family Rafting for Kids!  
Wilderness Tours
- 12:00 PM** Learn to Kayak  
Wilderness Tours
- 12:30 PM** Whitewater Kayaking:  
Master Boat Control  
with the Basics  
Frontenac Outfitters
- 1:00 PM** Intro to Level 1 Kayak  
Kayak Ontario
- 1:30 PM** The Magic of Whitewater  
Madawaska Kanu Centre
- 2:30 PM** Solo Paddling Choices  
Swift Canoe & Kayak
- 3:30 PM** Canoe 101: Intro to  
Solo Paddling  
Frontenac Outfitters
- 4:00 PM** The Magic of Whitewater  
Madawaska Kanu Centre
- 4:30 PM** Solo Paddling  
H2O Paddlesport Inc.

## SATURDAY

- 11:00 AM** The Magic of Whitewater  
Madawaska Kanu Centre
- 11:30 AM** Sea Kayaking:  
Practical Stroke and  
Paddle Technique  
Frontenac Outfitters
- 12:30 PM** Solo Paddling Choices  
Swift Canoe & Kayak
- 1:00 PM** Family Rafting for Kids!  
Wilderness Tours
- 1:30 PM** Learn to Kayak  
Wilderness Tours
- 2:00 PM** Solo Paddling  
H2O Paddlesport Inc.
- 3:00 PM** Sea Kayaking: When  
things are Upside Down -  
Rescue and Rolling  
Frontenac Outfitters
- 3:30 PM** The Magic of Whitewater  
Madawaska Kanu Centre
- 4:30 PM** Intro to Level 1 Kayak  
Kayak Ontario

## SUNDAY

- 11:00 AM** The Magic of Whitewater  
Madawaska Kanu Centre
- 11:30 AM** Solo Paddling  
H2O Paddlesport Inc.
- 12:00 PM** Intro to Level 1 Kayak  
Kayak Ontario
- 12:30 PM** Sea Kayak:  
Practical Stroke and  
Paddle Technique  
Frontenac Outfitters
- 1:00 PM** Family Rafting for Kids!  
Wilderness Tours
- 1:30 PM** Learn to Kayak  
Wilderness Tours
- 2:30 PM** Solo Paddling Choices  
Swift Canoe & Kayak
- 3:00 PM** The Magic of Whitewater  
Madawaska Kanu Centre
- 3:30 PM** Canoe 101: Intro to  
Solo Paddling  
Frontenac Outfitters