



Pickering Rouge Canoe Club

Located on Beachpoint Promenade in Frenchman's Bay, Pickering
Canoe Kayak Camp at Rouge Beach, Scarborough
Mailing address: 91 Rylander Blvd, Unit 7, Box 187
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Welcome to PRCC's **Sprint Racing 15 Up program!**

We are very excited about the 2019 season! Pickering Rouge Canoe Club (PRCC) is a non-profit organization that promotes the sport of sprint canoe and kayak. We have sites at Frenchman's Bay in Pickering and Rouge Beach in Scarborough.

This is a sprint program for youth aged 15 and older at all levels of experience. There is a very exciting racing component to this program that the kids love. The paddling part of the program runs from our Frenchman's Bay site in Pickering and the gym portion is at The Shed in Pickering. See our website at pickeringrouge.ca for directions.

The Sprint Racing 15 Up program has three parts:

- 1. April 13-May 3** (approximately)
Monday mornings 6:00-7:30 am: Swimming at Pickering Recreation Complex
Monday afternoons 4:00-5:30 pm: Running, The Shed
Wednesday mornings: 6:00-7:30 am: Swimming at Pickering Recreation Complex
Thursday afternoons: 4:00-5:30 pm: Running, The Shed
Friday afternoons 4:00-5:30 pm: The Shed
Saturday mornings: Running (location to be determined), The Shed
- 2. May 4-June 27** (approximately)
Mon-Fri mornings 6:00-7:30 am
Mon, Tue, Thu, Fri afternoons 4:15-6:00 pm
Sat mornings 9:00-10:30 am
- 3. July 2-August 23**
Mon-Fri mornings 9:00-11:00 am
Mon-Fri afternoons 3:30-5:15 pm

All paddlers should bring the following:

- Weather appropriate clothing such as shorts and t-shirts. Keep in mind that paddlers will get wet and that tighter fitting long sleeves and long pants are better than baggy clothes while paddling.
- A change of paddling clothes and towel
- Running shoes
- A hat and sunscreen
- Lots of water to drink, healthy snacks with ice packs

We are a tech-free camp. Children are encouraged to socialize with their friends and have fun in a safe and structured environment. We are an inclusive program. Bullying of any sort will not be tolerated and will be taken very seriously.

On the first day of your program, please bring your email confirmation and a volunteer cheque for \$100 for each child registered, postdated to October 27, 2019. The cheque is cashed only if you do not complete 10 or more hours of volunteer work (per child). For volunteer opportunities, see our website under "Jobs and Volunteering".

If you have any questions about the program please email coach@pickeringrouge.ca. Rebecca Fanok is the Head Coach.

See you at the Club!