



Welcome to the Balmy Beach Canoe Club Summer Paddling Program! We are looking forward to the 2019 season and the opportunity to meet new and returning paddlers! Below you will find some important information to prepare you for the summer program.

Location

- Ashbridges Bay – Lions Club Boathouse, at the foot of Coxwell Avenue.

Time of Arrival

- Please arrive at **8:50 am**. We will start our warm-up activities and games at 9 am. If you ride your bike, please lock it up on the racks provided behind the clubhouse.

Pickup Time

- Parents should pick up their child at **1:00pm**. Please let coaches know if your child has permission to go home by their self, or with another paddler/parent.

What to Wear

- Please come prepared for outdoor fitness and activities.
 - This includes either wearing or bringing a pair of running shoes, a hat, shorts, t-shirt, sunglasses. (You do not need a bathing suit unless we have planned a visit to the Olympic Pool or beach.)
- Please dress appropriately for the weather by bringing a sweater, windbreaker, sweatpants, raincoat etc. if it is cold or raining.

What to Bring

- **Always bring a change of clothes!** Getting wet is part of paddling and you will need warm, dry clothing to change into after practice.
- Life Jackets are provided, however, you may bring your own.
- Valuables should be left at home, however, coaches will lock up any that are necessary.
- **Always bring a lunch!** You will get hungry. We do not have a refrigerator so please bring a lunch bag with your name on it and ice packs if food needs to be kept cool. (**Note:** we are a peanut free camp, please respect this rule as it is for the safety of everyone)
- **Always bring a water bottle!** It is very important to stay hydrated during physical activity, especially in the hot summer sun!
- **Always bring sunscreen!** We recommend putting on sunscreen prior to coming to camp, as well as reapplying throughout the day.

If you have any questions or concerns, please do not hesitate to contact our coach.

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