



**1000 ISLANDS  
KAYAKING**  
ADVENTURE OF THE ISLANDS

# KIDS PROGRAMMING

1000 Islands Kayaking is committed to providing high quality outdoor experiences for youth in our communities. Our instructors are nationally certified professionals and all our youth programs are designed through guided discovery and experiential education models. We offer a stimulating opportunity to play and learn outside in a safe environment.

## Kayaking Discovery Ages 8 – 11

The Discovery Program is all about engaging children with the outdoors in a fun and positive way. We play in the kayaks learning experientially about boat control, self and partner rescues, and essential safety equipment. As a bonus, we paddle close to some amazing wildlife for mini ecology lessons! Exploring the St. Lawrence Islands National Park and Historical Rideau Canal by kayak will set a solid foundation for future engagement in outdoor activities.

- ▶ **Brockville, St. Lawrence Park**  
July 2 – 6, July 16 – 20, July 23 – 27, Aug 6 – 10, Aug 20 – 4, Aug 27 – 31 Mon – Fri 8.30<sup>AM</sup> » 4:30<sup>PM</sup>
- ▶ **Kingston, Rideau Acres Campground**  
July 23 – 27 Mon – Fri 8.30<sup>AM</sup> » 4:30<sup>PM</sup>
- ▶ **Gananoque, Pumphouse, 110 Kate St**  
Aug 6 – 10 Mon – Fri 8.30<sup>AM</sup> » 4:30<sup>PM</sup>

## Kayaking Adventure Ages 12 – 15

The Kayaking Adventure program is designed to facilitate independence and good judgement within the sport of kayaking. Students will have the opportunity to explore new skills and multiple kayaking routes in our area while developing leadership skills in trip planning, navigation and risk assessment. Start making critical decisions about safety while exploring a deeper connection to the ecology and history of our region.

- ▶ **Brockville, St. Lawrence Park**  
July 9 – 3, July 30 – Aug 3, Aug 13 – 17 Mon – Fri 8.30<sup>AM</sup> » 4:30<sup>PM</sup>
- ▶ **Kingston, Rideau Acres Campground**  
July 30 – Aug 3 Mon – Fri 8.30<sup>AM</sup> » 4:30<sup>PM</sup>

## Youth Paddling Club Ages 8 – 15

Join a fun and dynamic social paddling club for the summer. Every Tuesday evening we depart on a kayaking adventure including games, safety training, island hikes, swimming and picnics. Occasional trips are planned for parents, siblings and friends to join the fun.

- ▶ **Gananoque, 110 Kate st, by Joel Stone Beach**  
Tuesday evenings 5:00 – 8:00 pm, May 29 – Oct 2, 19 trips total

## Group of 7 Art + Kayaking Camp Ages 8 – 12

1000 Islands Kayaking has teamed up with certified art teacher, Noor Hogben, to explore the elements of design found in nature using a variety of natural materials. Come draw the landscape with charcoal, sculpt in clay, paint with blueberry juice, and much more.

- ▶ **Kingston, Rideau Acres Campground**  
July 9 – 13 and July 16 – 20



Paddle Canada  
Certification **+\$25**

