



Summer Info Packet

(SUMMER PADDLING PROGRAM)

We are so excited that you will be spending your 2026 summer with us at Maskwa's Summer Paddling Program! Please read below for details about your upcoming time with us. We can't wait to see you soon!



What to Bring:

- Lunch & snacks (nut-free)
- Money for canteen (optional)
- Water bottles – several *
- Sunscreen
- Hat
- Bathing Suit
- Towel
- Change of clothes
- Sneakers
- Flip flops or crocs
- Life jacket (**mandatory**)
- Bun

What Not to Bring:

- X Phones
- X Electronics
- X Large amounts of money
- X Anything of value

Note: nothing can be left at the club from day to day (there are no lockers, and it can't be locked in the office for you). Maskwa is not responsible for lost or stolen items.

**Please bring several bottles of water, as there is limited access to our water bottle refill station.*

Canteen:

Maskwa has a canteen with various items available for purchase (cash or tap). New this year, we are selling Heppy's Pies, fruit, and veggies & hummus! In addition, there will still be snacks for sale (ex: bagels, granola bars, popcorn, yogurt tubes, candy). From time to time, there may be special lunch days (pizza or a BBQ), which will be communicated in advance to parents.



Equipment Needed

Participants of the Summer Paddling Program require a **bun**, **racing singlet**, and **life jacket** for the summer.

Buns are small colorful cushions that athletes use for kneeling on while paddling in a sprint canoe. Singlets are special tank tops worn while racing in regattas.

Buns and singlets are purchased through RAMP (Maskwa's registration system); purchasing details will be provided via email to registered participants. Items are then available for pickup at the Open House in June (if you miss the Open House, they will be available for pickup the first week of the paddling program).

Life jackets are purchased on your own, and must be certified in Canada (ex: by Canadian Coast Guard or the Canadian Ministry of Transport), and all straps and buckles must be in good working order and fastened when on the water. Apart from that, any brand / style you prefer will do. (Life belts are not acceptable; only life jackets).



Regattas



Summer paddling participants have the opportunity to compete in two regattas (a series of boat races) for their age group. The Regatta Info Sheet contains everything you need to know about regattas! Read the info sheet [here](#).

(Don't forget to mark your calendars for the regatta dates you'll be participating in this summer! A link to the dates can be found in the info sheet).



Sign In. Drop Off & Pick Up:

Please sign in upon
arrival in the
**paved
parking lot.**

**DROP OFF* &
SIGN IN:
8:30-9:00AM**

**PICK UP*:
4:00-4:30PM**

A Typical Day Paddling:

8:30-9:00AM: Drop Off & Free Time

9:15AM: Practice begins.

During the Day: All groups will participate in the following four practices throughout the day, with an hour long lunch.

- **Dryland Activities:** including basketball, mini triathlons, swimming, strength training, jogging, outdoor games, sandcourt activities and more.
- **Singles:** Just you and your boat, working on individual skills.
- **Crew Boats:** Using multiple-seat boats, you will work on staying afloat and staying in rhythm with your partner(s).
- **C15** (formerly known as war canoe): Using the biggest boat, you and 14 others from your group will work together to propel this giant canoe down the lake!

3:45PM: Clean Up

4:00-4:30: Free Time & Pick Up

* New for 2026 - Limited **Before & After Care** spots for U10/U12/U14 Summer Paddling. \$200 for the full summer-drop off as early as 7:45 AM, pick up as late as 5:15 PM. On sale in March.

Other:

Medical: An optional medical form is available if there is information you would like to share with us about your child. It can be completed [here](#), or on the Parent Info section of www.maskwa.ca.

Safe Sport & Inclusion: Maskwa is committed to building a safe and fun environment where everyone can enjoy the best of what we offer, no matter the level or program. Maskwa's Code of Conduct sets behaviour expectations for all participants, staff, volunteers and family members. For more information please visit the Safe Sport section of our website [here](#).

Questions? Contact our Club Manager, Christian Brousseau, at info@maskwa.ca