

DEER LAKE SCHOOL CANOE PROGRAM

April 22-June 20, 2025

Learn the basics of canoeing and beyond from certified RCABC canoe instructors on beautiful Deer Lake in the heart of Burnaby. This program meets the prescribed learning outcomes for the Physical Education integrated resource packages.

Lessons are designed for students in Grades 5 & up. Split grade 4/5 classes can be accommodated if requested. We can offer a maximum of 30 participants per lesson.

- » ***Per participant for 1.5hrs** **\$10.58 for each 1.5 hr session + GST**
- » **For 20 *participants** **\$211.50 each 1.5 hr session + GST**
- » **For 30 *participants** **\$317.25 for each 1.5 hr session + GST**

*Note: Participants include teachers, students & volunteers who will be on the water.

Bookings are on a first come, first served basis so book early. Learn canoe skills, participate in physical activity and develop team building skills in a positive, safe and encouraging environment. To receive a copy of the canoe lesson registration package, please contact Jamie Barber, Outdoor Recreation Coordinator by email jamie.barber@burnaby.ca or by phone at 604-294-7224.

Please provide school name & address, teacher contact name, email address and phone numbers. A lesson information & registration package can be forwarded to each teacher via email.



SCHOOL CANOE OUTLINE

Lesson 1

The canoe & paddle
Launching & landing
Group raft
Basic canoe strokes

Lesson 2

Basics of hypothermia
Safety Equipment
Propulsion & correction
strokes

Lesson 3

Review of lesson 1 & 2
Basic boating safety
Manoeuvring strokes

Lesson 4

Trip planning
Advanced strokes
Nature etiquette
Eco-tour around
Deer Lake

Whether you take 1 lesson or all 4
your students will learn and have fun!