



2020 Manitoba Canoe & Kayak Centre Clinics and Team Building Exercises Price List

Thank you for your interest in the **Manitoba Canoe & Kayak Centre**.

Dragon Boats

Every year, we have the opportunity to teach first-time paddlers the amazing sport of Dragon Boat. One of the greatest things about Dragon Boat, and why we are so passionate about it is that it's the one truly team sport. Success in the boat is defined by synchronicity of all paddlers performing at their best, at the exact moment in time. Learning and coming together as a team takes practice. Our coaches are very experienced paddlers who can help your team be successful on the water! They will teach you the correct technique, help your team synchronize the stroke, and give you that race experience. Anyone can paddle a dragon boat!

Canoes/Kayaks

If your group would prefer a little independence, paddling our Canoes & Kayaks can be done as a solitary experience (or with a partner). Learn the proper strokes, how to maneuver your watercraft and more.

Our sessions range from 2 hours and up

With your booking, your team(s) will be provided:

- ✓ All the necessary equipment (life jackets, paddles, boats)
- ✓ On-land training (go over the catch, pull, recovery and setup of the stroke)
- ✓ Access to change rooms and washrooms in the Manitoba Canoe and Kayak Centre
- ✓ Steersperson/Coach (help to develop your team on the water through a series of fun drills and races)
- ✓ Tables for team lunches, access to Barbeque (upon request)

The cost is based on the number of participants

- ✓ **11-20 Paddlers** \$15.00 per person/ two hours. Each additional hour \$5.00 per person/ hour
- ✓ **21-40 Paddlers** \$12.50 per person/ two hours. Each additional hour \$5.00 per person/ hour
- ✓ **41-100 Paddlers** \$10.00 per person/ two hours. Each additional hour \$5.00 per person/ hour
- ✓ **100-199 Paddlers** \$7.50 per person/ two hours. Each additional hour \$2.50 per person/ hour
- ✓ **200+ Paddlers** \$5.00 per person/ two hours. Each additional hour \$2.50 per person/ hour

If you are interested in finding out more about this fun opportunity, please contact:

Jordan Smallwood
Club Manager
mckcwpg@gmail.com
204-284-4646

For your convenience, our booking request form is on the following pages.

Manitoba Canoe & Kayak Centre
80 Churchill Drive
c/o 145 Pacific Avenue
Winnipeg MB R3B 2Z6
204-925-5681

mpa@sportmanitoba.ca www.mpa.mb.ca



Event Booking Request

Billing Information

Bill to (Organization name) _____

Contact Name _____

Billing Address _____

City _____ Postal Code _____

Phone _____ Cell Phone _____

Contact Email _____ Billing Email _____

Clinic Options

Date Requested _____ Number of Participants _____

Start Time _____ End Time _____

Canoe/Kayak only Dragon Boat only Canoe/Kayak and Dragon Boat Boat Rental

Demographic Information

As one of the sports funded in part, by Sport Manitoba, we have been requested to collect demographic information on participants in all our programs. With that in mind, please provide demographic information about your group, to the best of your ability, by providing the approximate count of each category in the section.

Gender:		Count	Count
Males:		Females:	

Ages:		Count	Count
12 & Under:		13 to 17:	
18 to 29:		30 to 40:	
41 to 54:		55 plus:	

Your Region of Manitoba: (circle one)

Central
Parkland

EastMan
WestMan

Interlake
Winnipeg

NorMan

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Special Requests

Do we require any other information for the event (medical concerns, non-swimmers, or other important information?)

Other details

All participants must sign a waiver (parents/guardians must sign for a minor child). An invoice will be emailed to the Billing Email and CC'd to the Contact Email above. Charges will be assessed based on the number of participants noted above. Adjustments can be made if the actual number of participants differ. Payments in the form of cash or cheques (made payable to the **Manitoba Canoe & Kayak Centre**) will be accepted – sorry, we do not accept credit or debit cards at this time. **Payments must be received at least 24 hours in advance of your clinic.** Boat Rental payments do not need to be received in advance. Cancellations only accepted 48 hours prior to event. Your clinic will take place rain or shine, as long as the water levels are safe. Your clinic will be cancelled in the event of lightning or extreme conditions.

Office Use Only		
Inv #	Amount	Date

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