



Issue: 12

May/2011

IN THIS ISSUE

[Paddler Boot Camp](#)

[Harbourfront Ambassador Program](#)

[Grady's Paddle](#)

[Working With Your Instructor](#)

[MEC Toronto Paddlefest](#)

QUICK LINKS

[Fitness, Value Packages and Electives](#)

[Groups and Team Building Events](#)

[Stand Up Paddling](#)

[MEC Toronto Paddlefest](#)

[Join Our Mailing List!](#)



Dear David,

WELCOME TO SUMMER!

We have opened and this Wednesday starts our group paddles & BBQs!! Last weekend and for the second year in a row, the water temperatures went above our 14 C wetsuit requirement. This was then followed by a few more rainy and windy days which

dipped us back below that mark, hence putting us back into our off-season policy. With the hot temperatures expected all this upcoming week, it is perfect for booking your boat type for this Wed, Thurs, or Fri this week. Please keep checking our home page for daily updates as to the water conditions and forecasts.

In this issue we want to make you aware of a few things:

- Paddlers Boot Camp fast approaching! June 4/5, 2011
- Our first social paddle of 2011 leaves our dock this Wednesday June 1st. [Check it out here!](#)
- We would like to introduce a new paddling community program. We call it the **ambassador paddling program** and is intended to increase our presence and vigilance on the water and gives you free rentals all weekend.
- Due to demand, we have added on some new pool rescue course dates, [Check them out here](#) before this new lot goes once again!
- [Grady's Paddle](#) - Please take a moment to read up on this incredible story and event.
- An article below speaks about taking the next steps in your paddling journey.
- [MEC Toronto Paddlefest](#) arrives June 11-12, 2011, but don't miss registration May 29th!.

All the best,

James, Dave, Clare, Erik, and the whole Harbourfront family!
(e-mail: ask@paddletoronto.com)



Paddler's Boot Camp:

A "brush off the cobwebs and technique-reminder weekend". This intermediate level course is intended for getting ourselves ready for the paddling season. Come and join us for some on-water review of all



your skills in paddling technique, rescues and safety - but most of all, FUN! Expect some one-on-one coaching and group instruction. Other topics include how to stay in shape for the season and remain injury-free. Why not start the season prepared and ready to go? Date: June 4-5(10-4pm) Cost: \$175 +Tax

The Harbourfront Ambassador Program:

Each and every year we are very lucky to have more and more paddlers join us as they discover the wonders of paddling amongst our 13 island archipelago. To help facilitate this keen interest we have been adding on extra canoes and kayaks bit by bit. As our paddling community grows we feel like its our responsibility that we make sure that we stay vigilant out there. So with that in mind, I would like to introduce our Ambassador program. The Ambassador program is an opportunity to:



1. Give back to our paddling community
2. increase our presence out on the water
3. increase safety out amongst the islands
4. better service our paddlers

Who qualifies to be an ambassador?:

1. Paddle Canada SK1 skills and higher
2. Working knowledge of your rescue skills
3. Blue paddlers
4. Already part of our paddling community

How does it work? We will be providing 4 free canoe or kayak rentals every Saturday and Sunday. The intention is to have our ambassadors head out in 4 hour shifts as pairs of 2. They will have identification on their boats as our ambassadors and will be provided with communication back to our docks and office. Their mandate is to paddle amongst the Toronto islands making sure we are all wearing our personal flotation devices, interface with programs and course to see how things are going, help escort paddlers if needed or advise paddlers on best way to return back to mainland, call for transport, and generally to make sure all is well, and to be ambassadors to our sport and shop. So in summary, be out there, be helpful and be friendly.

To start this program we will dedicate it to Saturdays and Sundays. We have 2 x 4 hours shifts divided as follows: 10am (opening) - 2pm, and 2pm-6pm (closing).

Those interested in participating in this program please e-mail James and provide a brief description of your paddling resume and contact information.

Call 416-203-2277 or e-mail: james@paddletoronto.com

Grady's Paddle for Sick Kids

by:

Judy Dibben

I am the founder and co-ordinator of Grady's Paddle for SickKids. Last year I organized our first 32 km paddle down the Magnetawan River and across Lake Cecebe from Burk's Falls to Magnetawan. Our first year, 130 paddlers registered raising \$38,000.00 in pledges alone and last September we presented SickKids Foundation with a cheque for \$44,559.52. The day of the paddle was amazing and a good time was had by all. People came from as far away as Niagara Falls to California and Kentucky.

Grady's Paddle for SickKids all started after my grandson Grady King passed away at SickKids Hospital from a congenital heart disease call hypo plastic left heart syndrome May 11. 2009. My daughter Jennifer, Grady's mother, asked if I knew of a way to help raise money. Their objective was to help other families that would be following in their footsteps.

This July 9, 2011 will be our second paddle and we would like if even more people could become aware and get involved in a wonderful cause. We left a few registration and pledge sheet forms at Harbourfront Canoe and Kayak Centre and we hope you would be able to read them and share our information with any friends.

For more information please go to www.gradysgift.ca.

Working With Your Instructor

Kayaking, Canoeing and now Stand Up Paddleboarding are sports which can offer up a world of adventure. They can be part of a healthy lifestyle, a means of income and a way to challenge yourself. These sports appeal to all walks of life and can be achieved to varying degrees of proficiency, mainly beginning with a desire to "try something new".

Presently you may have gotten your start, but the most common question we receive is "what do I do next?"



Being a school first and foremost we strongly encourage safety and taking a rescue course to ensure that your first experience is a safe, positive experience. But sometimes that first experience appears as an opportunity with friends at a cottage, or while away on vacation. Whichever way it happens, usually at some point during that "first flight" you get bitten by the paddling bug. It could be a feeling of getting closer to nature, exploration, health, or the thrill of a new challenge, but whatever it ends up being, you may be looking for that next step.

At Harbourfront, we have outlined all our courses into a chart which is stacked in an order of difficulty and previous paddling experience ([Kayaking Chart](#), [Canoeing Chart](#), [Stand Up Paddleboarding](#)). This is cross referenced with paddling conditions. While this can be a useful tool to see and to plan with, it takes into account where your perceived paddling ability is, but does not provide any evaluation of where your tangible and current paddling skills may be.

Use our perceived paddling skills chart to start a dialog with the office in planning which course you may want to get into. Based on that conversation, and in reference to your paddling experience, we can make recommendations on where you may want to enter into our system. After that, and once on a course, its your instructor who can provide the more tangible and standardized assessment of your updated paddling skills. They are highly skilled in assessing what degree of proficiency, your paddling ability is at. "I just want to be able to paddle up at the cottage", "I'm planing a weekend

canoe trip", I'd like to get into certifications", "I would like to be an instructor someday". These are all statements for which your instructor will be most qualified to answer after working with you.

It is based on our instructors recommendations that we award the GREEN, BLUE and BLACK paddling designation with our guests.

So, to summarize the answer to the question "how do I plan out my paddling progression"? Get out there, try it out, and if working with an instructor, let them know why you're taking up kayaking, and where you hope to go with it. Get in the conversation of "what do you think I could do next", or "how can I get to this point", or the most important one: "do you think I'm ready to ...?".

There is a trust, and a professional relationship with your instructor. Their goal is to keep you safe, make sure you're having fun, but also to assist you in achieving your goals. They may even be able to introduce you to a new avenue of paddling that you had not considered for yourself.

After teaching canoeing and kayaking for over 15 years, I have had the opportunity to instruct hundreds of courses of various skill levels. Quite often I get reunited with a former student from over those years and I always find it amazing to hear where paddling has taken them since our initial lesson. In some cases they have stories of amazing adventures, in others its something they would love to get back into. For others, I now call them fellow instructors, guides and my paddling advisers as they have far surpassed my paddling certifications.

All the best and see you on the water soon!

James



**MEC TORONTO PADDLEFEST - JUNE 11-12TH, 2011,
SUNNYSIDE PARK**

**REGISTRATION FOR MEC PADDLEFEST OPENS
MAY 29th!**

It's that time of year again! Can you imagine that for only \$5 you can sample just about any dimension of paddle sports you can think of. For more information check out their website: [Toronto MEC Paddlefest](#)

THE INSIDE SCOOP - Paddlefest Toronto has continued to grow very year. Last year registration for key topics were sold out in the first day. This year, MEC is expecting even greater growth and demand. If you want to make sure you get into the course of your choosing, register early!!

Registration opens May 29th.

Its an amazing two days and we look forward to seeing you there!

Our lakefront office opened Sat. May 21st (May long weekend).
We hope to see you soon.

Sincerely,

James, Dave, Clare, Erik and the gang!

[Forward email](#)



Try it FREE today.

This email was sent to ask@paddletoronto.com by ask@paddletoronto.com | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

