

MASTERS PROGRAMS 2017



Fun, Fitness and Friendships:-)

Never paddled before? Interested in improving your paddling skills? Paddled years ago and want to get back on the water? Want a change from your normal fitness routine? Come join the Cheema Masters program. We offer a paddling program that focuses on physical fitness, skills development, and fun! We provide instruction and training in sprint kayak, canoe, and war canoe. In this program you set your own goals in a community that supports you in achieving them. You may wish to take part in the Masters regattas to test yourself against others or you may wish to just enjoy the beauty of Lake Thomas in summer. Whatever your goal, it's a great way to meet people and to stay active.

Give us a try-we'd love to have you!

***The fitness options are
endless.....***

- ◇ **Adult Learn to Paddle Program**
No experienced required
- ◇ **Masters Program**
- ◇ **Amazing Walking/Running Trails
at McDonald Sports Park**
- KAYAK-CANOE-WAR CANOE**



Learn to Paddle

The Adult Into to Paddling Program is designed to introduce adults to sprint kayaking and canoeing to people 25 years and older.. Workouts occur on Tuesday and Thursday evenings. NO Experience required .

If you would like more information or looking to register please contact Danielle Pointon at daniellepointon@eastlink.ca or 902-999-9339. Registration is also available on our website: www.cheema.ca

DAYS OF WEEK	TIME	STARTING
Tuesday and Thursdays	6:30—7:30pm	July 4th for 8 weeks duration

Masters/Masters +

The Masters Program is for adults over the age of 25. This program provides instruction in sprint kayak, canoe, and war canoe. You can be as competitive or recreational as you want. Our focus is physical fitness and fun! Its also a great way to meet new people in your community. Interested individuals may try the program for 5 sessions without commitment. Please contact Danielle Pointon at daniellepointon@eastlink.ca or 902-999-9339 for more information.

DAYS OF WEEK	TIME	STARTING
Tuesday , Thursdays Saturdays	<p>Tuesday and Thursday Small boat 5:30—6:15pm</p> <p>War canoe—6:30-7:30pm</p> <p>Saturday War Canoe—8am small boats to follow.</p> <p>Note: options for early morning sessions available-TBD</p>	May 2– Oct 31

