

# Come & Try

## OUTRIGGER CANOEING

**SUNDAY 15, 22 & 29 MAY**

**8AM - 9AM**

***For Kids, Teens and Families***



### **\$50 for 3 Sessions**

If you join the club, this will come off your annual membership. Discount available for families.

### **Just bring yourself**

Outrigger Caloundra will supply your paddle & life jacket. Kids under 12 to be accompanied by a carer.

### **Safe and fun**

Our coaches have Blue Cards and are accredited through our national body AOCRA. Sessions in flat water only.



## **WHAT YOU WILL LEARN**

- History of the sport
- Water safety
- Paddle technique
- Teamwork
- Roles in the boat
- Where paddling can take you

## **WANT TO KNOW MORE?**

See our website page "Join Us" for details.

Contact us for a registration form  
[occcsec@hotmail.com](mailto:occcsec@hotmail.com)

**OUTRIGGER CALOUNDRA  
CANOE CLUB**

**1300 794 208**

**[WWW.OCCC.COM.AU](http://WWW.OCCC.COM.AU)**