



Learn to Paddle | Come paddle with us!

The Rideau Canoe Club offers paddling programs on Mooney's Bay from its clubhouse on Hog's Back Road in the City of Ottawa. The Rideau Canoe Club provides all the equipment.

Paddling will be the best decision you'll make for your children and yourself!



Canoe Kids Summer Camps

For boys and girls from 7 to 12 years old

One week day-camp with an introduction to all aspects of safe paddle sports. Campers will enjoy canoeing, kayaking, swimming, field sports, as well as cooperative games and activities. Throughout the week campers will explore the Rideau River with qualified instructors.

5 days week \$295 | 4 days week \$235



Intro to Sprint Paddling

For boys and girls from 10 to 13 years old

Two-week introduction to competitive Sprint Canoe-Kayak. Paddlers will learn how to balance, paddle, and train in sprint kayaks and canoes. The summer sessions of Intro to Paddling - Regatta Ready include the opportunity to race at a fun, local regatta.

9 days summer session \$530 | 10 days summer session \$590



Recreational Programs

For youth, adults and seniors

We offer courses and programs for paddlers of all interests and abilities, from novice to advanced. Never paddled before? Need a refresher? Intro to Sea Kayak, Canoe, Intro to Stand Up Paddling (SUP). Do you need a new and fun fitness activity? Fitness Paddling, Seniors Paddling, Fitness SUP, Open Rec Paddling.

Visit the website for pricing information.



Dragon Boat Programs

For youth, adults and seniors

Start paddling, try out Dragon Boat and enhance your skills. Every Sunday night we have a few boats go out on the water to experience Dragon Boat. Meet new people and have fun. It is a great workout!

Learn to Dragon Boat (spring) May 7 to Jun 18 - \$84.07 + HST = \$95

Dragon Boat League (summer) Jul 2 to Sep 3 - \$106.20 + HST = \$120
