

# CCK KIDS PROGRAM



Where kids love to paddle and play!

Welcome to the Collinsville Canoe & Kayak Kids Program!

Here are a few tips for you and your parents to make your experience even more enjoyable.

1. Please plan on arriving at least 15 minutes prior to the program start time. That gives you time to put away your personal items, change into your paddling clothes and be ready to get on the water!
2. Eat proper meals and get a good night's sleep. We are going to be working hard and you will need lots of energy, both mental and physical throughout the day.
3. Bring a nutritious snack (in a baggie with your name on it) and a bottle of water or other beverage with you each day. It is important that you drink lots of fluids and keep your body fueled!
4. Bring a towel and sweatshirt or polar fleece everyday. The water can be cold throughout the season and we don't want you to get a chill.
5. Wear water shoes or old sneakers that can get wet (neoprene booties preferred) —no sandals, crocs, waldies or strapped shoes. We will be in and out of the water, walking on rocks and along riverbeds - you will need something protecting your feet.
6. Apply and wear sunscreen each day. Bring a brimmed hat to wear on the water.
7. Classes will be held rain or shine - we have lots of things to keep you busy if the weather is not cooperating.
8. Whitewater Kids participants will also need nose plugs. If you require a wetsuit and/or paddling jacket let us know before the lesson, these items will be available on a limited basis.
9. Completed medical forms and waiver(s) **MUST** be received by Collinsville Canoe and Kayak **prior** to the first day of class (either in person or by mail.)

In the event of rain, thunder and lightning, Collinsville Canoe & Kayak instructors will lead indoor rainy day activities. Should there be more than one rain day during the week make up days will be available at the end of the summer.

Thank you!! See you on the water !!!

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860-693-6977 • [www.cckstore.com](http://www.cckstore.com)