



How to Register

Please download and fully complete the Program Registration/Membership Form package and give it to your coach at the first practice. Forms are required for both new and returning members. Only one printed waiver form will be required per family.

Fees are due October 1st. We will accept online payment by Credit Card (PayPal) at no extra charge. You may also pay by cheque.

Installments: Fees over \$300 can be paid with three (3) recurring credit card charges, or post-dated cheques (October 1, November 1, and December 1) provided at the time fees are due.

Program fees listed include all membership and registration fees required for the program unless otherwise stated.

Questions? Contact Rhys del Valle at 250-380-0226 or rhys@vypc.ca

Family Membership Benefits

Family membership is included in each club program listed below. It includes the following benefits:

- ≡ Society membership and right to vote at the AGM
- ≡ Family discount - 25% off program fees for additional children in the family.
Discounts are applied to the lower fee(s) where applicable.
- ≡ Official tax receipt for the Children's Fitness Tax Credit

Summary of Club Programs

Group	Participant ages	# of practices per week	# of events included	Program fee
Explorer	9-12	N/A	N/A	N/A
Nuvo Racer	13-18	4	3 (on/off-island)	\$650
Racer/Jr Racer	11-18	6	3 (on/off-island)	\$800
High Performance Racer		9	3 (on/off-island)	\$950
Outrigger	13-18	3	3 (on/off-island)	\$500
Whitewater	9+	N/A	N/A	N/A

Explorer Program (October 1st , 2011 - March 31st, 2012)

Not offered during the winter season

For pre-teens, with no prior experience necessary. Learn to paddle a variety of boats including sprint canoes & kayaks, outrigger canoes and whitewater kayaks. Develop new skills, improve fitness, and learn to work both independently and as part of a team. Led by NCCP certified coach. Maximum 5 participants. Beginners, ages 9-12

Tentative Schedule (April through September):

- ≡ Tuesday & Thursday 5:30-7:00 pm - Paddling
- ≡ *End of summer closure (August 20th - September 2nd)*

Events Included: *To be determined*

Program Fee: *To be determined*

For the most up-to-date schedule and events go to <http://vypc.teampages.com>

For more information about this program contact Rhys (250-380-0226)

Nuvo Racer Program (October 1st, 2011 - March 31st, 2012)

For teens, with no prior experience necessary. Learn to paddle a variety of boats including sprint canoes & kayaks and outrigger canoes. Develop new skills, improve fitness and learn to work both independently and as part of a team. Four practices per week, three in outrigger and one in sprint kayak or canoe. Led by NCCP certified coach. Maximum 5 participants. **Beginners**, ages 13-18.

Schedule (October through March):

- ≡ Tuesday, Thursday & Friday 4-5:30pm
- ≡ Saturday 12:30-2:00pm (*with the exceptions of October 1st, 8th, & 15th*)

Events Included:

- ≡ Lotus Icebreaker
- ≡ Kan-U-Hakit (mid-March, Victoria)
- ≡ Wake Up The Gorge (beginning-April, Victoria)

Note: Personal travel expenses extra. Group travel option may be available for Lotus Icebreaker.

Program Fee: \$650

For the most up-to-date schedule and events go to <http://vypc.teampages.com>

For more information about this program contact Rhys (250-380-0226)

Racer/Junior Racer Programs (October 1st, 2011 - March 31st, 2012)

Enjoy more time on the water in sprint canoes & kayaks, and outrigger canoes. The Racer/Jr Racer programs focus on improved skills and fitness for those interested in fun, competition and mentoring opportunities. The program increases to six sessions per week this winter, two of which are dry-land cross-training and are included in the fee. Led by NCCP certified coach. Designed for developing to intermediate paddling skills. Ages 11+ (or on approval of coach).

Schedule (October through March):

- ≡ Monday & Wednesday 4:30-6pm
- ≡ Tuesday, Thursday & Friday 4-5:30pm
- ≡ Saturday 12:30-2:00pm

Events Included:

- ≡ Lotus Icebreaker (mid-January, Burnaby)
- ≡ Kan-U-Hakit (mid-March, Victoria)
- ≡ Wake Up The Gorge (beginning-April, Victoria)

Note: Personal travel expenses extra. Group travel option may be available for Lotus Icebreaker.

Program Fee: \$800

For the most up-to-date schedule and events go to <http://vypc.teampages.com>

For more information about this program contact Rhys (250-380-0226)

High Performance Racer Group (October 1st , 2011 - March 31st , 2012)

This program is for established high performance sprint canoe/kayak competitive athletes. It is a minimum of nine sessions a week with two dry-land cross-training sessions included in the fee this winter. The program schedule changes mid-February to accommodate the required increase of on-water sprint kayak training in preparation for the competitive season and Nationals 2012. Contact Commodore for more information.

Training Schedule (October through mid-February):

- ≡ Monday & Wednesday 4:30-6pm
- ≡ Tuesday & Thursday 7am-8am
- ≡ Tuesday, Thursday & Friday 4-5:30pm
- ≡ Saturday 10:30-12pm
- ≡ Saturday 12:30-2:00pm

Training Schedule (mid-February through March-end):

- ≡ *To be announced*

Events Included:

- ≡ Lotus Icebreaker (mid-January, Burnaby)
- ≡ Kan-U-Hakit (mid-March, Victoria)
- ≡ Wake Up The Gorge (beginning-April, Victoria)

Note: Personal travel expenses extra. Group travel option may be available for Lotus Icebreaker.

Program Fee: \$950

For the most up-to-date schedule and events go to <http://vypc.teampages.com>

For more information about this program contact Rhys del Valle (250-380-0226)

Comp Outrigger Group (October 1st, 2011 - March 31st, 2012)

This program is for youth, ages 13-18, with permission of Coach. It offers fun competitive training and challenging races in individual and team outrigger canoes (OC1s, OC2s, and OC6s). The on-water sessions increase this winter to three per week, from their previous two. Led by NCCP certified coaches. Max 18 participants. Ages 13-18.

Training Schedule (October through March):

- ≡ Tuesdays & Thursdays 4-5:30pm
- ≡ Saturday 12:30-2:00pm (*with the exceptions of October 1st, 8th, & 15th*)

Events Included:

- ≡ Lotus Icebreaker (mid-January, Burnaby)
- ≡ Kan-U-Hakit (mid-March, Victoria)
- ≡ Wake Up The Gorge (beginning-April, Victoria)

Note: Personal travel expenses extra. Group travel option may be available for Lotus Icebreaker.

Program Fee:

- ≡ \$500

For the most up-to-date schedule and events go to <http://vypc.teampages.com>

For more information about this program contact Rhys del Valle (250-380-0226)

Whitewater Slalom Group

Not available at this time

For the most up-to-date schedule and events go to <http://vypc.teampages.com>

For more information about this program contact Tim Marks (250-642-7498)