



# ABLE 2 ADVENTURE

## YOUTH KAYAK CAMP

**Kayaking is PURE FUN!** Whitewater kayaking is more than just a sport, it is a life altering experience and in a lot of cases a lifestyle. With such a close-knit community, it is a great way to meet new friends and create life-spanning relationships. It is also a great way to challenge ones self, both mentally and physically. Contrary to the stereotype, kayaking is not strictly for adrenaline junkies and extremists; it is a sport with unlimited possibilities for anyone and everyone that tries it.



### ITINERARY

#### DAY 1

The morning will be spent in the pool adjusting to the boats and we will wrap up on Kamloops Lake.

#### DAY 2

We will be going for a gentle float on the North Thompson River to get familiar with moving water.

#### DAY 3

We will be seeing some whitewater on the Adams River.

#### DAY 4

The group is off to the Shushwap River for more rapids and more fun.

#### DAY 5

We have saved the best for last. Participants will put their newfound skills to the test on the world famous Clearwater River.

### WHAT YOUR GOING TO GET

**Our day camp has been designed as an introduction to white-water kayaking and a tool for personal growth. During our time on the river we will be focusing on: kayak skills and safe practices, team building, leadership and environmental sustainability.**

#### Ages:

Young men and women from 14-18 years of age.

#### Dates:

Our camp will take place from August 16<sup>th</sup> to the 20<sup>th</sup>.

#### Location:

Kamloops, British Columbia

#### Times:

Participants will be in their boats and having a blast from 8am till 5pm, at which point they will be free to go.

#### Price:

\$325.00 (includes lunches and equipment rentals)

#### Bookings & Information:

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#### IN PARTNERSHIP WITH

THOMPSON RIVERS UNIVERSITY'S  
ADVENTURE STUDIES DEPARTMENT



# FUN