



Welcome to Flatwater North

We actively promote and provide opportunities to enjoy, participate and excel in flatwater paddle sports for all Yukoners

www.flatwaternorth.ca

Adult/Open Summer Program

When	6:00 – 7:30 pm	Wednesday
Where	Schwatka Lake boat launch day use area	Km 3.6 on the Chadburn Lake Rd Map https://goo.gl/maps/9L1Ec

Thank you for enrolling with Flatwater North Adult/Open Training Program. This training will include coaching sessions in competitive canoe or kayak training, including marathon canoe. We are looking forward to paddling with you! You are also welcome to paddle just for fun as well.

Equipment List

In order to have happy paddlers in the Yukon please remember dressing in layers and having extra clothing is essential in preparation for extreme temperature changes.

What to Bring:

- A healthy snack
- Water bottle
- Warm Clothes (long pants, warm sweatshirt, jacket)
- Extra set (or two) of dry clothes
- Water Shoes or sandals
- Running shoes for dry-lands games
- Hat
- Sunscreen
- Sunglasses
- Towel
- Rain jacket & pants

What NOT to bring:

- Glass containers
- Cell phones. Electronics and water don't mix very well.
- Money or other valuables. It's a long way to the bottom of the lake if you lose it! FPN does not take responsibility for lost or stolen items

Dan Girouard

Executive Director/Head Coach

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