



LET'S PADDLE: LEARN TO KAYAK

**Tuesdays & Thursdays
10am - 3pm (June to August)**

2 day clinic taught by certified Paddle Canada instructors who have lived experience with their own brain injuries. Learn to kayak in a safe and fun way at a pace that works within your limits. Let's get adventurous and help get you outside!

Clinics held weekly on Tuesdays in Duncan at the Cowichan Brain Injury Society office and Thursdays in Mill Bay on the Marina at Blue Dog Kayaking.

Space is limited and some restrictions apply. Cost is \$35/person (includes kayak/gear rental). Can't get on the water for some reason? Consider our hiking clinics!

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