

KAYAKING ON THE GLENMORE RESERVOIR



Centre for
Newcomers



Join Aquabatics Calgary for an outdoor Kayaking experience on Glenmore Reservoir!

No previous experience with kayaking or swimming required. *Personal flotation devices will be used*

What is Kayaking?

A Kayak is a small boat-like craft that requires a double-bladed paddle to move through the water. Instructors will guide you through the basics

Kayaking is a low-impact activity that can improve your aerobic fitness, strength and flexibility. There are also other benefits like reduced stress levels, boosted mood and boosted self-confidence. It can even improve your focus, improve thinking skills and memory, and might even help with better sleep quality.

Families, and parent(s)/guardian(s) are welcome to register together. Children must be 10 years or older to participate.

For more information, please email youthprograms@centrefornewcomers.ca

SUMMER WEEKENDS:

Attend both days on the weekend you register for.

DATES:

July 1 & 2, July 15 & 16, July 29 & 30,
August 5 & 6, August 26 & 27

TIMES:

12:30PM-2:30PM OR 3:00PM -5:00PM

LOCATION:

Glenmore Reservoir, Heritage public boat launch

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QR CODE TO
REGISTER



[Kayak on the Reservoir!](#)
([google.com](https://www.google.com))



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