



2025 Wai Nui Program

subject to updates revised April 12, 2025

available participation levels:

KUPUNA	\$350 2x/week; \$210 1x/week; \$180 standby
ADULT FULL	\$495 Adult Full Membership (age 31+)
ADULT SUP	\$125 Adult SUP Membership (age 18+)
YOUTH FULL	\$330 Youth Full Membership (age 15-30)
JUNIOR SUP	\$100 Junior SUP Membership (age 12-17)
non-member drop-in*	\$25/drop-in for Double Hull/OC6*

Please arrive at least 15 minutes prior to the listed on-the-water start times in order to assemble boats and allow at least 15 minutes for teardown and clean-up

DAY	TIME	PROGRAM	SKILL LEVEL	COACH	DATES	FULL MEMBER INFO	OTHER INFO
MON	9:30-11am	SUP PaddleFit - Mobility and Stability	intermediate/advanced	Tim	1st session: May 26 - June 30	open to full members	see FURTHER INFO for program description
	1-2:30pm	Small Boat Paddle	intermediate/advanced	Elizabeth	May 1 - October 10	open to full members	
	4:30-5:30pm	Parkinson's Paddle - participant restricted program - volunteers welcome		Michelle/Leah	June 2, 9, 16, 23 & Sep. 8, 15, 22, 29		contact coach to volunteer
	6-7:30pm	PaddleAll - participant restricted program - volunteers welcome		Michelle/Leah	June 2, 9, 16, 23 & Sep. 8, 15, 22, 29		contact coach to volunteer
TUE	10:30-12noon	Small Boat Paddle	intermediate/advanced	Dianne/Ann	May 1 - October 10	open to full members	
	1-2pm	Kupuna Paddle - Double Hull/OC6	all skill levels	Kathy	May 1 - October 10	sign up same day only	DROP-IN: sign up same day only
WED	1-2pm	Kupuna Paddle - Double Hull/OC6	all skill levels	Elizabeth/Sharon	May 1 - October 10	sign up same day only	DROP-IN: sign up same day only
	4:30-6pm	OC6/Double Hull - Youth/Adult Development	all skill levels	Hope/KK/Marius	May 1 - October 10	open to full members	DROP-IN: can join
	6:30-8pm	Beginner/Intermediate SUP	all skill levels	Emma/Nikki/Olena	June 4 - August 27	open to full members	SUP beginners must start here
	6:30-8pm	OC6 Crew Training	intermediate/advanced	Huw	May 1 - October 10	open to full members	
THU	10:30-12noon	OC6 Paddle	intermediate/advanced	Dianne/Ann	May 1 - October 10	open to full members	DROP-IN: only if vetted
	1-2pm	Kupuna Paddle - Double Hull/OC6	all skill levels	Kathy	May 1 - October 10	sign up same day only	DROP-IN: sign up same day only
	6:30-8pm	Small Boat Lake Paddling	intermediate/advanced	Chris	May 1 - October 10	open to full members	
FRI	10:30-12noon	Youth/Adult Development - progressive program	all skill levels	Sheila	May 1 - October 10	OC6/SUP/Singles/Doubles	DROP-IN: can join in with OC6 (in May only)
	1-2pm	Kupuna only - OC6 Development - \$85 extra fee	intermediate/advanced	Sheila	A) May 23-June 27; B) July 4-Aug. 8		\$85/6-week session, select one
	4:30-6pm	Junior SUP (12-17yrs)	intermediate/advanced	Jayda/Nikki/Jason	June 6 - August 29	open to full YOUTH members	up to age 17
	6:30-8pm	Adult Social SUP	intermediate/advanced	Olena	May 1 - October 10	open to full members	
	6:30-8pm	OC6/Double Hull - Youth/Adult Development	all skill levels	Sheila/Marius	May 1 - October 10	open to full members	DROP-IN: can join
	7- 8:30pm	Advanced SUP	advanced	Ildy	May 1 - October 10	open to full members	
SAT	9:30-11am	Youth/Adult Development - progressive program	all skill levels	Sheila / KK	May 1 - October 10	OC6/SUP/Singles/Doubles	DROP-IN: can join in with OC6 (in May only)
	1-2:30pm	Small Boat Lake Paddling	intermediate/advanced	Sheila	A) May 24-June 28; B) July 5-Aug. 9	open to full members	vetted non-members @ \$190/6-wk session
	2-4pm	Friends and Family open house - Saturday May 31 & Saturday August 9			May 31 & August 9		free event - open to everyone
SUN	9:30-11am	OC6 Paddle	intermediate/advanced	Huw	May 1 - October 10	open to full members	DROP-IN: only if vetted

FURTHER INFO:

TeamSnap: Once registered in TeamSnap your sign-up options to various sessions will appear. In general you may sign up one week in advance. **You MUST sign-up for us to save you a seat in the program!**

FULL MEMBERS may also paddle with Kupuna by signing up the same day as the session. If you are interested in Kupuna, please email wainuicanoclub@gmail.com

PaddleFit: A SUP and dry land functional fitness program incorporating strength, mobility, core stability and endurance. Exercises will be scaled to ability. This is great cross training for other activities including other paddle sports

Beginner?: If you start in May, join any **all skills levels**, especially the **progressive** program; joining in June or later, then you can join the **Beginner SUP** and **OC6/Double Hull Development** until you are vetted to **intermediate** level

KUPUNA may only select ONE program; 2x/week, 1x/week or Standby

There are 3 session opportunities:

For Kupuna 2x/week or 1x/week, sign up one week in advance but prior to 12noon the day before a session

For Kupuna Standby you may sign up after 12noon the day before a session

SUP Beginner sessions commence in June when the water is warmer; programs are Wednesdays and Fridays as per colour indication; SUP Beginners MUST start Wednesdays until vetted to intermediate level

2025 SEASON: May 1 to October 10, weather dependent. Please arrive at least 15 minutes prior to the listed on-the-water start times in order to assemble boats and allow at least 15 minutes for teardown and clean-up

WAI NUI WHY NOT? Race: SUNDAY AUGUST 10, 2025 - stay posted for details

*Drop-In: may join any OC6/Double Hull as indicated; a Drop-In wishing to SUP is encouraged to purchase a SUP membership (Drop-In is not available for SUP)