

# 2025 Wai Nui Program

subject to updates *revised May 28, 2025*

Participation fees: see our website  
wainuioutrigger.net for DROP-IN



**Available participation levels and their session activities:**

KUPUNA	ADULT FULL	ADULT FULL	ADULT	JUNIOR	non-member
	YOUTH FULL	YOUTH FULL	SUP	SUP	drop-in*
	intermediate advanced	beginner			

DAY	on-water TIME; arrive 15 min.prior	PROGRAM		advanced	beginner				COACH	PROGRAM DATES
MON	9:30-11am	SUP PaddleFit - Mobility and Stability; more info at bottom		✓					Tim	1st session: May 26 - June 30
	1-2:30pm	Small Boat Paddle		✓					Elizabeth	May 1 - October 10
	4:30-5:30pm	Parkinson's Paddle - contact coach to volunteer							Michelle/Leslie	June 2, 9,16, 23 & Sep. 8,15, 22, 29
	6-7:30pm	PaddleAll - contact coach to volunteer							Michelle/Leslie	June 2, 9,16, 23 & Sep. 8,15, 22, 29
TUE	10:30-12noon	Small Boat Paddle		✓					Dianne/Ann	May 1 - October 10
	1-2pm	Kupuna Paddle - Double Hull/OC6	✓	✓①	✓①			✓③	Kathy	May 1 - October 10
WED	1-2pm	Kupuna Paddle - Double Hull/OC6	✓	✓①	✓①			✓③	Elizabeth/Sharon	May 1 - October 10
	6:30-8pm	OC6/Double Hull - Youth/Adult Development		✓	✓			✓	KK/Hope/Sandi	May 1 - October 10
	6:30-8pm	Beginner/Intermediate SUP; SUP beginners must start here		✓	✓	✓	✓		Hope/KK/Nikki/Olena	June 4 - August 27
	6:30-8pm	OC6 Crew Training		✓					Huw	May 1 - October 10
THU	10:30-12noon	OC6 Paddle		✓				✓②	Dianne/Ann	May 1 - October 10
	1-2pm	Kupuna Paddle - Double Hull/OC6	✓	✓①	✓①			✓③	Kathy	May 1 - October 10
	6:30-8pm	Small Boat Lake Paddling		✓					Chris	May 1 - October 10
FRI	10:30-12noon	Youth/Adult Development - progressive program		✓	✓				Sheila	May 1 - October 10
	1-2pm	Kupuna only - OC6 Development - \$85/6-week session	✓+fee						Sheila	A) May 23-June 27; B) July 4-Aug.8
	4:30-6pm	Junior SUP (12-17yrs)		✓U18			✓		Jayda/Emma/Jason	June 6 - August 29
	6:30-8pm	Adult Social SUP		✓		✓			Olena	May 1 - October 10
	6:30-8pm	OC6/Double Hull - Youth/Adult Development		✓	✓			✓	Sheila/Marius	May 1 - October 10
	7- 8:30pm	Advanced SUP		✓		✓	✓15+		Ildy	May 1 - October 10
SAT	9:30-11am	Youth/Adult Development - progressive program		✓	✓				Sheila / KK	May 1 - October 10
	1-2:30pm	Small Boat Lake Paddling		✓				✓④	Sheila	May 1 - October 10
	1-4:30pm	Friends & Family open house - Saturday August 9	✓	✓	✓	✓	✓	✓		August 9
SUN	9:30-11am	OC6 Paddle		✓				✓②	Huw	May 1 - October 10

① you may only participate as a same-day TeamSnap sign-up    ② you may only participate if you have been vetted by a senior coach    ③ to participate, contact Coach Kathy at [wainui.kupuna@gmail.com](mailto:wainui.kupuna@gmail.com) several days in advance  
④ Vetted non-members only for June 21 - July 26: this is a special 6-session sign-up for non-members that are vetted by Coach Sheila. Cost: \$195 (incl. insurance + HST) for the 6 consecutive Saturday sessions.

**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 [wainui.canoe.club@gmail.com](mailto:wainui.canoe.club@gmail.com)

**PaddleFit**: A progressive SUP/dry land functional fitness program incorporating strength, mobility, core stability & 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

Programs are Wednesdays and Fridays as per colour indication; *SUP Beginner* sessions commence in June when the water is warmer. *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**      8am registration opens      9:30am race briefing      10am race

\***DROP-IN:** join any OC6/Double Hull as indicated; Drop-In waiver + \$25 payment must be completed at least 15 minutes before a session. Drop-In is not available for SUP - please purchase a \$100 Junior/\$125 Adult SUP membership.