

2025 Wai Nui Program

subject to updates revised July 17, 2025

Participation fees: see our website

wainuioutrigger.net

for DROP-IN



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

Available participation levels and their session activities:

DAY	on-water TIME; arrive 15 min.prior	PROGRAM	KUPUNA	ADULT FULL YOUTH FULL intermediate advanced	ADULT FULL YOUTH FULL beginner	ADULT SUP	JUNIOR SUP	non-member drop-in*	COACH	PROGRAM DATES
	1-2:30pm	Small Boat Paddle		✓					Elizabeth	until October 10
	6-7:30pm	PaddleAll - contact coach to volunteer							Michelle/Leslie	September 8,15, 22, 29
TUE	10:30-12noon	Small Boat Paddle		✓					Dianne/Ann	until October 10
	1-2pm	Kupuna Paddle - Double Hull/OC6	✓	✓①	✓①			✓③	Kathy	until October 10
WED	1-2pm	Kupuna Paddle - Double Hull/OC6	✓	✓①	✓①			✓③	Elizabeth/Sharon	until October 10
	6:30-8pm	OC6/Double Hull - Youth/Adult Development		✓	✓			✓	KK/Hope/Sandi	until October 10
	6:30-8pm	OC6 Paddle		✓					Huw	until October 10
	6:30-8pm	Beginner/Intermediate SUP; SUP beginners must start here		✓	✓	✓	✓		Hope/KK/Nikki/Olena	until Oct. 10, water temps permitting
THU	10:30-12noon	OC6 Paddle		✓				✓②	Dianne/Ann	until October 10
	1-2pm	Kupuna Paddle - Double Hull/OC6	✓	✓①	✓①			✓③	Kathy	until October 10
	6:30-8pm	Small Boat Lake Paddling		✓					Chris	until October 10
FRI	10:30-12noon	Youth/Adult Development - progressive program		✓	✓				Sheila	until October 10
	1-2pm	Kupuna only - OC6 Development - \$85/6-week session	✓+fee						Sheila	July 4 - August 8
	4:30-6pm	Junior SUP (12-17yrs)		✓U18			✓		Jayda/Emma/Jason	until Oct. 10, water temps permitting
	6:30-8pm	Adult Social SUP		✓		✓			Olena	until Oct. 10, water temps permitting
	6:30-8pm	OC6/Double Hull - Youth/Adult Development		✓	✓			✓	Sheila	until October 10
	7- 8:30pm	Advanced SUP		✓		✓	✓15+		Ildy	until October 10
SAT	10:30-12noon	Youth/Adult Development - progressive program		✓	✓				Sheila	until October 10
	1-2:30pm	Small Boat Lake Paddling		✓				✓②	Sheila	until October 10
	1-4:30pm	Friends & Family open house - date to be determined	✓	✓	✓	✓	✓	✓		date to be determined
SUN	9:30-11am	OC6 Paddle		✓				✓②	Huw	until 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 several days in advance

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

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 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.