

2026 Wai Nui Program

subject to updates *version March 30, 2026*

Program fees: see our website under "membership"
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	PROGRAMS	KUPUNA	ADULT FULL YOUTH FULL intermediate advanced	ADULT FULL YOUTH FULL beginner	ADULT JUNIOR SUP int./adv.	ADULT JUNIOR SUP beginner	non-member drop-in*	COACH	PROGRAM DATES
MON	10:30-12noon	Small Boat Development - part 2: technique/distance		✓					Ann	May to September 28
	1-2:30pm	Small Boat Paddle		✓					Elizabeth	May to Thanksgiving
	6-7:30pm	PaddleAll - contact coach to volunteer							Michelle/Lealie	June 1, 8,15, 22, Sep.14, 21, 28, Oct.5
	6:30-8pm	Small Boat Interval Training		✓					Chris/Dave	May to Thanksgiving
TUE	9-10:30	PaddleFit Boot Camp - dryland: strength + conditioning	✓	✓	✓	✓	✓		Tim	May 26 - June 16
	10:30-12noon	OC6 Paddle		✓	✓			✓ ②	Dianne	May to Thanksgiving
	1-2pm	Kupuna Paddle - Double Hull/OC6	✓	✓ ①	✓ ①			✓ ③	Kathy	May to Thanksgiving
	7-8:30pm	OC6/Double Hull		✓	✓			✓	Marius/TBD	May to Thanksgiving
WED	1-2pm	Kupuna Paddle - Double Hull/OC6	✓	✓ ①	✓ ①			✓ ③	Elizabeth/Sharon	May to Thanksgiving
	6:30-8pm	SUP		✓		✓			Olena/summer staff	May to Thanksgiving
	6:30-8pm	Advanced SUP		✓		✓			Ildy	May to Thanksgiving
THU	9-10:30	PaddleFit Boot Camp - dryland & SUP: core stability & balance	✓	✓	✓	✓	✓		Tim	May 28 - June 18
	10:30-12noon	Small Boat (OC6 early season)		✓					Dianne	May to Thanksgiving
	1-2pm	Kupuna Paddle - Double Hull/OC6	✓	✓ ①	✓ ①			✓ ③	Kathy	May to Thanksgiving
	7-8:30pm	OC6/Double Hull		✓	✓			✓	Sheila	May to Thanksgiving
FRI	10:30-12noon	Youth/Adult Development - progressive program		✓	✓			✓ May only	Sheila	May to Thanksgiving
	1-2pm	Kupuna only - OC6 Development - \$90/6-week session	✓ +fee						Sheila/Ann	A) May 22-June 26; B) July 3-Aug.7
	6:30-8pm	Beginner SUP: must start here		✓	✓	✓	✓		Sheila/summer staff	Creek warm enough ~ early June - Sept.
	6:30-8pm	SUP		✓		✓			Olena/summer staff	May to Thanksgiving
	6:30-8pm	Small Boat Interval Training		✓					Chris/Dave	May to Thanksgiving
SAT	10:30-12noon	Youth/Adult Development: Clinic sessions as listed/posted		✓	✓				Sheila	May 2 OC12; 9 OC6; 16 OC1; others TBD
SUN	9:30-11am	OC6 Paddle		✓	✓			✓ ②	Huw	May to Thanksgiving

① you may only participate as a same-day Harborhood 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

DAY	dates and times	EVENTS	KUPUNA	ADULT FULL YOUTH FULL intermediate advanced	ADULT FULL YOUTH FULL beginner	ADULT JUNIOR SUP int./adv.	ADULT JUNIOR SUP beginner	non-member drop-in*	WHO	event notes
SAT	MAY 23 9:30am - 4:30pm	1stAID/CPR w/Steve Turner; some spots available @ \$100	✓	✓	✓	✓	✓		all members	contact wainui.registrar@gmail.com
SUN	MAY 31 1:00pm - 4:30pm	Friends & Family OPEN HOUSE	✓	✓	✓	✓	✓	✓	open to public	RSVP via Harborhood once posted
SAT	JUNE 20 2pm - 6pm	Huli Drill @ QEP indoor pool (2302 Bridge Road, Oakville)	✓	✓	✓	✓	✓		all members	RSVP via Harborhood once posted
SAT	AUG.8: 8am check-in; 10am RACE	KOA's CUP OC6 intergenerational "hat" race	✓	✓					Kupuna + Youth Full	registration via Harborhood once posted
	AUG. 8 5pm - 8pm	member's market + LUAU	✓	✓	✓	✓	✓	✓	open to public	RSVP via Harborhood once posted
SUN	AUG.9: 8am check-in; 10am RACE	WAI NUI WHY NOT? race	✓	✓		✓			open to public	registration via Harborhood once posted
	Harborhood calendar + last minute	Adventure paddles - local & destination	✓ ④	✓		✓ ④			④ pending activity	RSVP via Harborhood once posted
	as per Harborhood calendar	external races	✓ ④	✓		✓ ④			④ pending activity	more info via Harborhood

FURTHER INFO:

BOOK YOUR SEAT: Once registered with Harborhood 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 a program!**

OPEN TO ALL: PaddleFit: A 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

FULL MEMBER Beginner?: If you start in May, join 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

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

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: Programs are Wednesdays and Fridays as per colour indication; *SUP Beginners* MUST start Fridays until graduating to *intermediate* level

2026 SEASON: May 1 to Thanksgiving, 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 weekend: Saturday August 8: morning KOA's CUP and evening Wai Nui members' market + LUAU; **SUNDAY AUGUST 9 WNNW?:** 8am registration opens 9:00am race briefing 10am race

***DROP-IN:** join any OC6/Double Hull as indicated; Drop-In waiver + \$25 payment must be completed at least 30 minutes before a session. Drop-In is not available for SUP - please purchase a \$100 Junior/\$125 Adult SUP membership.