

2025 Winter Pool Offerings



Join Ottawa River Runners for our winter pool sessions at Carleton University! Both experienced paddlers and beginners can practice and perfect their skills in a safe and controlled environment. Come out and improve your technique and increase your confidence on the water.

Don't let the winter weather keep you from enjoying your favorite water sport!

A club membership is required to attend and 2024 memberships are valid until March 31, 2025. Memberships for the 2025 season will also be accepted. Our Membership page will be updated in early January with a link to register for the 2025 season. You can visit that page by clicking the following link: [Membership page](#).

Open Sessions - \$20.00/session

When: Saturday evenings from 7:30pm to 9:00pm

Dates: January 11, 18 / February 1, 8, 22 / March 1, 8, 22 / April 5

Youth (11-15yrs) Coached Sessions - \$150 for 7 sessions

When: Saturday evenings from 7:30pm to 9:00pm

Dates: January 11, 18, 25 / February 1, 8, 22 / March 1

Equipment and instruction provided. Participants will be divided into groups based on skill, practice goals and age.

Junior Slalom (12-18yrs) Coached Session - \$20.00/session

When: Saturday evening from either 7:30pm to 8:15pm or 8:15pm to 9:00pm

Date: March 29, 2025

Priority to youth who have participated/are participating in an ORR program. Groups will be determined when registration closes.

Adult Intro to Kayaking Courses - \$100.00

When: Saturday evenings from 7:15pm to 9:00pm

Dates:

- Session #1: January 25 & February 1
- Session #2: February 22 & March 1

Equipment can be provided.

Adult Kayak Roll Clinics - \$60.00

When: Saturday evenings from 7:30pm to 9:00pm

Dates:

- Session #1: Saturday, February 8, 7:30-9pm

- Session #2: Saturday, March 8, 7:30-9pm

Minimum prerequisite is the Intro to Kayaking Course for adults or previous experience from ORR programs or equivalent.

Youth Open House (8-11yrs) – Free

When: Sunday evening from 6:30pm – 8pm

Date: January 12, 2025

Come on out dressed for pool time and try on a kayak! Bring your friends!

Note: Ripple 2024 participants can sign up to be ambassadors for this year's Open House.

We are looking for two youth ambassadors (completed Ripples 1&2 minimum in 2024) per age group: 1) 8-10yrs 2) 11yrs-14yrs

Ripples Intro to Kayaking for 8-10 year olds and 11-13yrs - \$100.00

When: Sunday evening from 6:30pm – 8pm

Dates: January 19, 26 / February 2, 9

Participants will be separated into two groups:

- Group 1: new participants who have not yet taken a Level 1 Camp or Ripples: Stages 1, 2+
- Group 2: participants who have taken a Level 1 Camp and/or Ripples 1, 2+