



# Get In The Boat & Paddle

Team Building on Pemberton's One Mile Lake



## We can help create your winning team!

We've got the experience.

For nearly 20 years, the Pemberton Canoe Association has introduced people to the fun and challenge of water recreation.

Many of them go on to become champion paddlers under the guidance of our excellent coaches.

And everyone learns the value of teamwork.

## Book Your Team's Session Today

For groups of 10 and under, we suggest the outrigger sessions, which allow up to five people per boat. A group of 10 would require two boats.

Our dragon boat sessions can accommodate up to 40 people. Each dragon boat seats up to 20 people, along with a PCA coach, steersperson and drummer to support your team.

**Be part of the tradition. Sign your team up for a motivating session in teamwork today!**

Contact: Karen Tomlinson

Phone: 604-894-5626

Email: [info@pembertoncanoe.com](mailto:info@pembertoncanoe.com)

## Things To Know Before You Go

1. All paddlers receive dry land training before moving onto the water.
2. Coaches will be in each boat, whether a six-man or dragon boat.
3. Pack a change of clothes; you're sure to get at least a little bit wet.
4. Dress for the day. The rule? Layers. Layers. Layers. Bring flip flops or gumboots for the boat.
5. The Pemberton Canoe Association will provide safety equipment.

## Have Fun While Building Your Team

Our "Get In the Boat and Paddle" sessions are the ultimate in teamwork! Your team will learn important skills about the value of working together while enjoying the beauty of One Mile Lake in beautiful Pemberton, BC.

Our youth coaches are enthusiastic about paddling and many of them have competed at a national and international level. They'll teach your team how to work as a team with expert paddling techniques that will have everyone feeling like a champion.

The payoff? Realizing that when everyone in the "boat" is paddling in unison, it's easy to propel the team forward and achieve your goals.

Whether you're a small organization or a mid-sized company, we have options for incredible team-building experiences.

Both dragon boat and outrigger have rich traditions that make these experiences all the more unique.

For nearly 2,000 years, dragon boat competitions have taken place in China as a part of religious and folk ceremonies. Over the past 40 years it has emerged as an international sport.

*"Coming together is a beginning. Staying together is progress. Working together is success."*

-Henry Ford