

**PHILADELPHIA CANOE CLUB
2009-2010 WHITEWATER POOL SESSIONS
(ROLLING LESSONS & PRACTICE)**

FREQUENTLY ASKED QUESTIONS:

DO I HAVE TO PRE-REGISTER FOR A ROLLING LESSON?

No pre-registration is required.

Lessons: 9:00 AM to 10:00 AM. You must be registered and pay your fees by 8:45 AM.
Practice: 8:30 AM to 11:30 AM

DO I HAVE TO BE A MEMBER OF THE PHILADELPHIA CANOE CLUB TO ATTEND THE SESSIONS AND/OR GET A LESSON?

No. Sessions are open to the public. You do not have to be a member of the Philadelphia Canoe Club to attend the sessions or get a lesson.

HOW DO I SIGN UP FOR A ROLLING LESSON?

Registration for lessons will be accepted, at the pool, between 8:30 AM and 8:45 AM only. Students must be prepared to begin the lesson promptly at 9:00 AM. No exceptions.

DO I NEED TO BRING MY OWN EQUIPMENT?

You are welcome to bring your own equipment. If you do not have your own equipment, you can borrow equipment from the Philadelphia Canoe Club (see "Borrowing Equipment").

BORROWING EQUIPMENT (Sunday morning only):

Students are permitted to borrow equipment (boat, spray skirt, life jacket, helmet and paddle) from the Philadelphia Canoe Club on Sunday morning only. To do so, you must be at the PCC Boat Shed by 8:00 AM on Sunday morning. The Boat Shed will be open from 8:00 AM to 8:15 AM only. Directions to the PCC Clubhouse are posted on the web site. You must sign out the specific equipment borrowed, transport it to the pool and return it to the Boat Shed by 12:30 PM that same day. There is no charge for borrowing equipment; however, borrowers are responsible for any lost or damaged equipment.

CAN I ATTEND THE SESSIONS TO PRACTICE ONLY?

Yes.

WHERE ARE THE POOL SESSIONS HELD?

St. Joseph University Sports Complex, (Main Campus) 54th & City Avenue, Philadelphia, PA 19151. The one exception will be Sunday, March 28, 2010, on which the pool session will be held at Maguire Pool, (the old Episcopal Academy),

HOW DO I GET TO THE POOL?

St Joseph – Main Campus: Take City Avenue to 54th Street. Turn onto 54th Street. Then turn into the first driveway on your right. Follow the driveway to the back of the building. Park. Carry boats through the security fence gate. Boats will be inspected on the patio outside the pool.

Maguire Pool – Maguire Campus

We Must enter by N. Latches Lane entrance. Do Not enter the campus from City Ave (US 1) by using Berwick Rd.

From North heading South on City Ave. (US 1): Turn right on Old Lancaster Rd. - Go 0.2 mi on Old Lancaster Rd. Turn left on N. Latches Lane - Go 0.3 mi on N. Latches Lane . Turn left at entrance to Maguire Campus. – Look for a School Speed Limit Sign (15 mph when flashing sign) across from the entrance to the campus.

From South heading North on City Ave (US 1): Turn left on Merion Rd. Go 0.3 mi. on Merion Rd. Turn right on to N. Latches Lane . Go 0.4 mi. on N. Latches Lane . Turn right at entrance to Maguire Campus - Look for the back of a School Speed Limit Sign (15 mph when flashing sign) across from the entrance to the campus.

HOW MUCH DOES IT COST PER SESSION?

Pool Fee: \$17 Non-PCC Members \$10 PCC Members

Insurance: \$5 Per Session or show a current ACA (American Canoe Association) card.

DO I HAVE TO SIGN A WAIVER?

ALL participants must sign an ACA insurance waiver as follows:

ACA members must sign once during the 2009 sessions and once during the 2010 session. If you are a current ACA member, you must bring your ACA membership card with you. If you don't have your ACA card, you must pay the \$5 fee.

Non-ACA members must sign a waiver and pay the \$5 fee each time they attend the pool.

HOW DO I GET AN ACA MEMBERSHIP?

Contact the ACA through their web site (www.americancanoe.org) or call them at 540-907-4460.

CAN I LEAVE AIR BAGS IN MY BOAT?

No. Everything must be removed from the boat. This includes air bags, dirt, leaves, debris, sand and anything else that you may have inside.

DOES MY BOAT HAVE TO BE CLEAN BEFORE COMING TO THE POOL?

Yes. Clean your boat before coming to the pool. Boats will be inspected on the patio outside the pool. If your boat does not pass inspection, you will not be allowed to bring it inside. Please be sure all airbags; inside and outside dirt, sand, leaves and debris are removed from your boat. DIRTY BOATS WILL NOT BE ALLOWED IN THE POOL.

WHAT GEAR DO I HAVE TO WEAR IN THE POOL?

All participants must wear a Life Jacket and a Helmet in the pool. No exceptions.

WHAT OTHER CLOTHING IS RECOMMENDED FOR THE POOL?

The water makes you feel colder than most people anticipate. We recommend that you wear shorts with either a polyester fleece shirt, a wool sweater or a nylon shell jacket for your upper body. Many people wear wet suits in the pool.

ARE SHOWERS AVAILABLE?

Yes. Showers are available in the locker rooms.

ARE ROLLING LESSONS AVAILABLE AT EACH POOL SESSION?

Rolling lessons are available **ONLY** during Sunday morning sessions.

CAN I BORROW EQUIPMENT FOR SATURDAY EVENING POOL SESSIONS?

No.

CAN I BRING MY SEA KAYAK ON SUNDAY MORNING AND GET A ROLLING LESSON?

Due to crowded conditions on Sunday morning, we recommend that sea kayakers attend the Saturday evening sessions. To get a lesson, you can either come on Sunday morning with a white water kayak or make arrangements for a Saturday evening lesson with our sea kayak guru, Andy McAloon, 215-752-5534 or andrewmcaloon@gmail.com.

IS THE POOL OPEN EVERY SUNDAY MORNING AND SATURDAY EVENING?

No. St. Joseph University sets the schedule for PCC. Please check the schedule before planning to attend any session. The schedule is posted on our web site.

CAN MY CHILDREN GET A ROLLING LESSON?

Children aged 12 to 17 years of age can get a rolling lesson. A parent or guardian must accompany them at all times in the pool. If you want to borrow equipment, we recommend they weigh at least 110 lbs.

CAN I SWIM IN THE POOL?

No swimming is allowed in the pool.

WHAT TIME ARE THE POOL SESSIONS?

Sunday morning: The pool is open from 8:30 AM to 11:30 AM.

Saturday evening: Times vary. Always check the schedule.

HOW LONG IS THE SUNDAY MORNING ROLLING LESSON?

Lessons are conducted from 9:00 AM to 10:00 AM on Sunday morning only. Students are welcome to remain at the pool and practice until the end of the session.

WHAT IF THE POOL IS CLOSED DUE TO SNOW OR ANY OTHER CONDITION SET BY ST. JOE'S? HOW CAN I FIND OUT IN ADVANCE?

If a scheduled pool session is cancelled, a notice will be posted on the Philadelphia Canoe Club Message Board (go to www.philacanoec.org and click on Message Board) as soon as the information is available to PCC. There are three sessions we know are subject to possible cancellation due to basketball games. They are: Saturday, January 9, Saturday, January 23 and Sunday, April 11, 2010. Snow storms may cancel a session. If you are in doubt as to whether or not a session will be held, please check the PCC Message Board.

QUESTIONS: Contact Rosemary Rau, 215-743-6938 or rosemaryrau@comcast.net