



Do you want to try paddling but unsure where to begin?

Ohana Wa'a Outrigger Canoe Center offers recreational paddling on the first Sunday of the month from April thru October. We meet at the Napa Valley Yacht Club located at 100 Riverside Dr. If you are someone new to the area and want to try outrigger paddling, see what Ohana is about, even if you're a novice who has never held a paddle before, come down and experience the Napa River "Island style", in a friendly, relaxed environment!

We will ask you to fill out an **NCOCA Waiver Form** (Northern California Outrigger Canoe Association) and we provide safety gear, paddles, instruction, and a fun morning.

We'll return back to the dock, put away the equipment and be done about two hours later. Due to limited space, advance notice & confirmation is requested. You can RSVP at ohanawaaooc@gmail.com or call 707-200-1177. (This paddle is best suited for ages 12 & up). You will receive a confirmation and the meeting time will be given based on the day's tides.

We offer these sessions as a way to introduce novices to basic paddling techniques, meet new friends, and get a different perspective of the Napa River.

You can give paddling a try for free for up to 2 times, and if you like it, you can join our center and become a part of our Ohana paddling community.

There is no better way to start your day than a paddle on the beautiful Napa River. So what are you waiting for, come give paddling a try!

SUGGESTED ATTIRE

Assume you will get wet. It is a water sport, after all.

- Footwear that is lightweight and can be worn in the water, such as flip flops and reef shoes. In the winter, wear neoprene booties.
- Comfortable clothing that allows movement: shorts, tech shirt or rash guard, and a sun hat or visor on warm days; on colder days, slightly warmer clothing such as a long sleeve rash guard, wool or synthetic beanie, and windbreaker. (We warm up quickly as we paddle!)
- DON'T WEAR COTTON! When wet, it stops being an insulator, and instead becomes a heat conductor.
- A strap for your glasses or sunglasses.
- A bottle of water.
- Sunscreen
- Warm clothes to change into afterwards!

Basic Technique Video

This is a good introductory video for basic paddling technique from Keauhou Canoe Club, [Keauhou Paddling Lesson](#)

Upcoming Paddle Dates:

Sign Up: To sign up for a rec paddle date, email ohanawaaooc@gmail.com

Dates: 1st Sunday of the month unless we have a racing or fundraising event - See the Event Calendar for current dates.

Times: Based on the tides and will be given at time of confirmation.

Location: 100 Riverside Dr.

Cost: FREE (first 2 sessions)

We look forward to seeing you on the water!