

# Learn to Paddle



## SHANIA SMEE

### Level 1 Flatwater Canoe Coach

Shania is a keen flatwater kayaker who started paddling at only eight years of age. She has competed in various sprint and marathon events, and was honoured to represent Australia in 2015 and 2017 at Olympic Hopes Regattas in Europe.

Shania is also the head coach of the River Rookies at Bayswater Paddlesports Club, a squad for beginner and novice paddlers and **encourages people of all ages to trial this amazing sport, and enjoy their time on the water.**

*'First and last don't make an Athlete. An Athlete is someone who exceeds their own boundaries in the sport they love.'* Shania Smee 2015

## SESSION FEES

One on one - \$40  
(60 minute session)

Two participants - \$30 ea  
(90 minute session)

Larger groups and/or longer sessions on application.

Shania's lessons are designed to:

- Encourage people of all ages to try paddling and stay paddling
- Provide an enjoyable, sociable and safe introduction to paddling
- Establish basic paddling skills, techniques and knowledge that support future paddling pathways

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