



## **NACK** - North Atlantic Canoe & Kayak, Inc.

An ACA Paddle America Club & NYS Non-Profit Corporation

[www.GetTheNACK.org](http://www.GetTheNACK.org)

P.O. Box 124

Wantagh, NY 11793

[NACKinfo@optonline.net](mailto:NACKinfo@optonline.net)



## **Winter 2010 - 1<sup>st</sup> Quarter**

*updated December 30, 2009*



### **POOL PRACTICE (NR) (S)**

- Call Ann K. to reserve - [akaiser@optonline.net](mailto:akaiser@optonline.net)
- Dates 1/9, 1/16, 1/23, 1/30, 2/6, 2/20, 2/27, 3/6
- All on Saturdays 1:15- 3:15 PM All boats must be CLEAN.
- Training - Call Elizabeth to register 631-563-6654
- January 9 Refinement class
- January 16 Rolling
- January 23 Refinement
- January 30 Rolling
- February 6 Refinement
- February 20 Rolling
- February 27 Refinement
- March 6 Rolling



### **January 21<sup>st</sup>**

- Club Meeting (S), Connetquot Library
- 6PM Paddlers Forum - TBA
- 7PM Business Meeting
- 8PM Presentation - TBA
- 9 PM After meeting meeting Airport Diner



### **January 24<sup>th</sup> Sunday**

- Awards Dinner (S) at "The Harbor Club" 116 Division Street, E. Patchogue
- Contact Renee L. - 516-829-9792

(S) ACA Sanctioned Activity

(NS) NACK Non-Sanctioned Activity

(FW) Flat-water (ACA L1)

(AFW) Adv. Flat-water (ACA L2)

(IC) Inner Coastal (ACA L3)

(OW) Open Water (ACA L4)

(AOW) Advanced Open Water (ACA L5)

(NR) Non-Rated Skill Level

Highlighted are new events added



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- ☞ **February 16<sup>th</sup>**
- Club Meeting (S), Connetquot Library
  - 6PM Paddlers Forum - To much gear- Elizabeth O.
  - 7PM Business Meeting
  - 8PM Our Annual swap meet. Bring items to swap and sell yourself, or donate the proceeds to NACK. Items do not have to be paddling related.
  - 9 PM After meeting meeting Airport Diner
- ☞ **March 16<sup>th</sup>**
- Club Meeting (S), Connetquot Library
  - 6PM Paddlers Forum - Get you gear into shape- Elizabeth O.
  - 7PM Business Meeting
  - 8PM Presentation - Yoga by our own- Renee L.- 516-829-9792- Get you boat's engine into shape
  - 9 PM After meeting meeting Airport Diner
- ☞ **March 26<sup>th</sup> -28<sup>th</sup>**
- NJ Paddle Sport Outreach (S)
  - Contact John W. - [Bluek@weickert.com](mailto:Bluek@weickert.com)

*The General Club Meetings are subject to change, updates will be on our website.*

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