

# Introduction to Kayaking

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



**Instructors: Jeff Laxier and Cate Hawthorne**

This class is an introduction to the sport of kayaking. Participants will learn the basics of kayak fit, kayak form and functions; boat handling; rescue and recovery skills. Each session will review the skills from the previous session, as well as, introduce new skills. Necessary equipment includes kayak (11 feet or shorter), paddle, and lifejacket.

**SESSION DATES: 3/29 – 4/19 , 5/10 – 5/31**

**MONDAYS: 7-9PM      AGES: 12+**

**COST: \$48 PER SESSION (PRE-REGISTRATION REQUIRED)**

**\$48 EQUIPMENT RENTAL AVAILABLE**



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