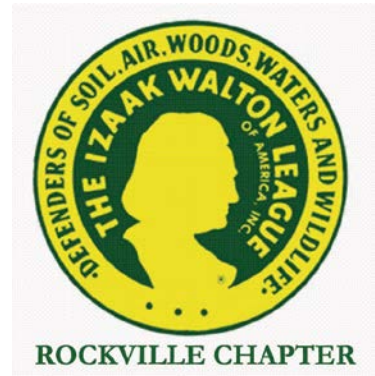


# INTRODUCTION TO KAYAKING



## **COURSE INFORMATION:**

**PURPOSE:** *This course will provide a basic understanding of safety, equipment, kayak entry and exit, proper paddle and body position, paddle technique and basic strokes.*

**DATE:** *Saturday, June 1st, 2019 - Rain or Shine*

**LIMITATION:** *This course will be limited to the first 15 individuals who sign up.*

**AGE:** *The course is open to youth age 8 or older and adults. Those under 12 years of age must be accompanied by a parent or responsible adult.*

**LENGTH:** *The course will run from 9:00 a.m. till 3:00 p.m. There will be a 30 minute snack/lunch break. (Bring a light lunch.) The first hour will be classroom instruction with the remainder at the lake.*

**LOCATION:** *Meet at the IWLA Rockville Chapter House (Lower Level) - 18301 Waring Station Road, Germantown, MD 20874*

**EQUIPMENT:** *All equipment including life jackets, kayaks and paddles will be provided.*

**REQUIRED:** *Participants must know how to swim, wear water shoes or sneakers (no flip-flops), clothing that can get wet, drinking water, sunscreen and lunch or snack. A hat is recommended.*

**CONTACT:** *To register, contact Tom Selle at 301-869-8819 or [Watersports@iwl.org](mailto:Watersports@iwl.org)*

**COST:** *Free to IWLA Rockville Members - \$25 Non-Members*

***Please arrive at 8:45 to register and complete the required waiver form.***

**PLEASE JOIN US FOR THIS FUN  
AND EDUCATIONAL COURSE!**