

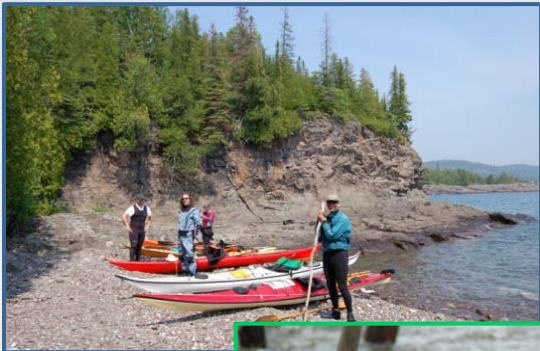
Discover Kayaking!

Learn kayaking basics and more – discover kayaking at a fun, information-packed workshop at the MSU Sailing Center on Lake Lansing. You will learn:

- All about types of kayaks, equipment, appropriate clothing, and safety gear
- Launching, landing, and transporting kayaks
- How to efficiently maneuver a kayak in quiet lakes and rivers
- Common hazards faced by kayakers and how to avoid them
- What to do in case of a capsized: safety and rescue skills on the water



Each class is a three-hour one-session workshop, including dry land topics and lots of on-the-water paddling. **All equipment provided:** the latest new demo kayaks from Summit Sports, paddles, and life jackets.



Beginner sessions: For those with little or no experience, or who have never had any formal instruction.

Women's clinic: a uniquely supportive and fun special session taught by and for women.

Intermediate session: for those who have taken the beginner session or other formal instruction and desire more experience; emphasis on paddling technique, recovery skills, and on-the-water rescues.

DATES:

Wednesday, May 12, 5 – 8 pm – Beginner session

Wednesday, May 26, 5 – 8 pm – Beginner session

Saturday, June 5, 4 - 7 pm – Beginner session

Friday, June 11, 5 – 8 pm – Beginner session

Saturday, June 19, 4 - 7 pm – Women's clinic!

Friday, June 25, 5 – 8 pm – Intermediate session



COST: \$50 per one-evening three hour session.

Class location: MSU Sailing Center, Haslett

Students should bring: water shoes, a windproof jacket or raincoat, and a synthetic shirt for warmth - no cotton, please. Be prepared to get wet! Also recommended: sun hat and/or sunglasses, eyeglass retainers if needed, and a water bottle.

Instruction provided by Lansing Area Instructors (LAINST). All LAINST instructors are ACA-certified (www.americancanoe.org)

Instruction also available for private groups and youth programs by arrangement; please inquire.

Also sponsored by:



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