Kayak Kids Instructional Program

This three day clinic combines skill development and environmental education with a boat full of fun! First and foremost, kids will learn how to be safe on the water. They will play games on land and on water as they become masters of their boats. They will leave with self-confidence and lasting memories.

Eligibility Criteria
This program is designed for kids between the ages of 10-13. Participants should have the ability to swim in water over their head and manage basic self-care independently while at the program. By enrolling a child in this program parents/guardians acknowledge that the activities listed on this sheet are reasonably appropriate for their child.

Sessions

<table>
<thead>
<tr>
<th>Session Dates</th>
<th>Cost per Child</th>
<th>Deadline for Fee Payment</th>
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<tbody>
<tr>
<td>Kayak Kids Session 1</td>
<td>$125</td>
<td>Friday, July 1, 2016</td>
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<tr>
<td>July 11, 12 &amp; 14</td>
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<tr>
<td>Kayak Teens</td>
<td>$150</td>
<td>Friday, July 8, 2016</td>
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<tr>
<td>July 18, 19 &amp; 21</td>
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<td>See Kayak Teens handout</td>
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<tr>
<td>Kayak Kids Session 2</td>
<td>$125</td>
<td>Monday, July 15, 2016</td>
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<td>July 25, 26 &amp; 28</td>
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Hours
Sessions are scheduled Monday, Tuesday and Thursday from 9:00 a.m. – 12:00 p.m. Kids may be dropped off no earlier than 8:45am.

Benefits

➢ Kayak Skill Development
➢ Positive Learning Environment
➢ Confidence on Water
➢ Kid-Friendly Environmental Education
➢ Boatloads of Fun!

Program Staff

Our energetic and well-qualified staff members consist of UMass Lowell Professionals and highly motivated college students. Staff members are trained by certified instructors in kayak skills and safety. They are first aid and CPR/AED certified, and CORI checked. The program is under the management of Kevin Soleil, Assistant Director of Outdoor and Bicycle Programs at UMass Lowell.
**Program Activities**

We primarily focus on kayak skills and environmental awareness throughout our program. We utilize experiential activities to develop these areas with each child. We believe that experiential activities are not only more fun, but also engage learners in many different ways (visual, kinesthetic, auditory, etc.) which helps develop strong skills.

**Kayak Safety**
- Self Rescues: kids will learn how to get to safety when they flip their boat, and how to re-enter a swamped kayak.
- Swimming in a life jacket
- Assisted and team rescues
- Emptying a full/swamped boat
- Identifying and avoiding river hazards

While safety is first and foremost important, it is also fun to flip out of a boat and get back in, especially on hot summer days.

**Kayak Skills**
- Posture & balance
- Forward, turn, and reverse strokes
- Stopping and Turning
- Edging and Tracking

To learn these skills, we use activities including Boat Tag, bow and relay races.

**Environmental Education**
- Pollution and Water Quality
- Food Web
- Identifying Indicator Species

Kids will increase their awareness of the interaction between people and our water sources through scavenger hunts, tag games, and other activities.

**Registration and Fee Payment**

Payment is due the week prior to the program. Acceptable forms of payment: cash, check, or credit card (we do not except AMEX). Checks must be payable to: UMass Lowell Campus Recreation. Registrations are processed on a first-come, first-serve basis. Register online through our website, in-person that the Campus Recreation Center or the Kayak Center.

**Cancellation Policy**

Notify the Coordinator of cancellation 2 weeks before the scheduled program to receive a full refund.

**Forms**

There is a packet of forms required for Kayak Kids Summer programs. They can be found on our website. Please make sure they are completed and returned to the Kayak Center, or mail them to:

UMass Lowell Campus Recreation, Attn: Kevin Soleil, 322 Aiken Street, Lowell, MA 01854.