Kayak Teens Instructional Program

This program combines skill development and environmental education with a week full of enough adventure for high schoolers. First and foremost, participants will learn how to be safe on the water. They will play games on land and on water that help them become masters of their boats, then further develop their skills on different waterways throughout the week. Teens will leave with self-confidence and lasting memories.

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<tr>
<th>Session Dates</th>
<th>Cost Per Teen</th>
<th>Deadline for Fee Payment</th>
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<tr>
<td>Monday - Thursday July 18-21, 2016</td>
<td>$150</td>
<td>July 8, 2016</td>
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Eligibility Criteria
This program is designed for teens between the ages of 14-17. 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.

Hours
Program is scheduled Monday - Thursday from 9:00 a.m. – 1:00 p.m. Teens may be dropped off no earlier than 8:45am.

Program Activities
We primarily focus on kayak skills and environmental awareness throughout our programs. We utilize experiential activities to teach skills, not only because they are fun, but also engage learners in many different ways (visual, kinesthetic, auditory, etc.) which helps develop strong skills.

Kayak Safety
- Self and Assisted rescues
- Swimming in a life jacket
- 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
- Stroke technique and maneuvering
- Edging and braces
- Map reading and navigation
- River features

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

Benefits
- Kayak Skill Development
- Confidence on Water
- Environmental Education
- Develop Leadership for Future Trips

Kevin Soleil 978-934-1932
Kayak Center 978-995-2362
www.uml.edu/KayakCenter
500 Pawtucket Blvd. Lowell, 01854
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 or in-person at the Kayak Center.

Forms
There is a packet of forms required for Kayak Teens Summer programs. It can be found on our website. Please make sure they are completed and returned prior to the first day of the program. Drop off forms at the Kayak Center, or mail them to:

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

Program Staff
Our energetic and well-qualified Staff members consist of UMass Lowell Professionals and highly motivated college students. Staff members have been 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.

Location Information
Lowell is surrounded by a variety of scenic waterways and flatwater destinations. Each destination we visit provides an opportunity to learn about a different ecosystem and to fine tune specific kayak skills. We will utilize each location to maximize exploration, learning, and fun.

Merrimack River
The Merrimack River is home base for our Kayak Center and provides a delightful place to paddle. It is the largest river we will be on, with a slow but steady current. Participants will learn and practice core skills on this calm river before branching out to other locations.

Nashua River
The section of Nashua River in Massachusetts winds through marshes and is dotted by small islands above the Pepperell Dam. Similar to a freshwater estuary, the winding marsh environment and shallow waterways provide a great opportunity to develop navigation, map reading, and river reading skills. We will also explore what makes up this special ecosystem and how that influences the wildlife found there.

Squannacook River
This river is the narrowest we will see, and twists and turns many times before emptying into the Nashua River. Paddle strokes and maneuvering will be fine-tuned here. The influence of downed trees and debris in changing the river’s flow and impacting wildlife can be seen here, as can some great eddies at the confluence of the two rivers.

Concord River
Designated a National Scenic River, the Concord is surrounded by protected land, making it feel very remote. On a sunny day we can see Egrets fishing or sunning, as well as beaver dams like the one in this picture. We will explore the positive impact of surrounding wetlands on pollution - noticeable here as it helps this river stay clean and clear.

Field & Stearns Pond
The two largest ponds located in the 4,000 acre Harold Parker State Forest offer lily dotted waters surrounded by forest greenery. We will experience open expenses without current, where the water is deeper and shore is farther away.