Family Fun Paddle
Thursdays, 6-8 p.m. June 8, 22, July 20, Aug 3, 17, 31, 2017

DESCRIPTION

This Program, open to families with children between the ages of 6 and 12, is a relaxed kid friendly introduction to paddle sports. Get a kid centered introduction to boats, equipment and safety, play games, paddle at your own pace and meet other outdoor oriented families! Registration includes one free adult per paid child. *Children under 10 must be accompanied by an adult on the water. Adults not accompanying children in a boat must remain on site for the duration of the program.

REGISTRATION

- Register online
- Register in person at the kayak center

ONLINE WAIVER

Each participant must have a completed online waiver submitted before they are allowed on the water. Fill them out by clicking on the link below or visiting https://www.uml.edu/CampusRecreation/Boathouse/kayak-center/plan.aspx

- Adult Waiver
- Minor Waiver

INCLUDED IN KAYAK BASICS

- Kayaking Equipment—with the exception of clothing and personal items listed on the packing list.
- Leadership and Instruction.

PHYSICAL EXERTION LEVEL & PREREQUISITES

- Low to Moderate: due to river conditions and water temperatures.
- Must be able to independently keep head above water while wearing a life jacket/PFD
- No previous kayak experience required.

PACKING LIST: The items on this list are HIGHLY recommended for your trip. Current temperatures and personal preference should be considered when packing. Please contact us if you have any questions or have trouble acquiring any of the items on the list, we may be able to help you out. A (*) denotes items that can be provided for you at no additional charge.

- Baseball cap or full-brim hat (for sun protection).
- Beanie Hat (quick fix for chilly conditions, wool or fleece is best).
- Insulating jacket (fleece is ideal, should be compact and synthetic).
- Swim Suit (for cooling off in the river)
- Rain jacket (depending on weather)
- 1 water bottle (quart size).
- Healthy snacks
- *Dry bag for keeping items dry while in the boat.
- Bag for personal belongings.

For further questions or information, please contact:
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