Introduction to Kayaking
9 a.m. – 5 p.m. June 10, July 8, Aug 12, 2017

DESCRIPTION

This fun and informative program is recommended for beginner kayakers and those looking to build a solid foundation of skills. Our certified instructors will teach ACA Level 1 & Level 2 skills during this full day program. We will start with personal preparation, the paddling environment and equipment use. We will then move on to paddle strokes, maneuvers and recovery techniques and with plenty of games, practice and feedback. This course begins and ends at the boathouse and may utilize a shuttle on one of our local rivers.

Those who own their own kayak and equipment are encouraged to use it during this course.

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.
▪ Transportation to and from the course location from the UMass Lowell Boathouse.

PHYSICAL EXERTION LEVEL & PREREQUISITES

▪ Appropriate for adults and children 14 and older when accompanied by a parent.
▪ Low to Moderate: due to river conditions and water temperatures.
▪ Must be able to independently keep head above water while wearing in a life jacket/pfd
▪ No previous kayak experience required.

TENTATIVE ITINERARY  Due to the nature of outdoor trips, all itineraries are subject to change.

8:45  Arrive at the boathouse, check in, prepare, restrooms etc...
9:00  Class begins with overview, equipment selection and load up
10:00 Shuttle to put in course location (usually Tyngsboro, MA)
10:30 Launch Boats, Strokes, Maneuvers
12:00 Lunch on shore
12:30 Strokes and Maneuvers continued, recoveries, paddle downstream back to boathouse approx. 5 miles.
4:30 Arrive back at the boathouse, clean up, debrief and dismiss
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).
☐ Sun protecting shirt (light, quick drying upper layer that covers shoulders)
☐ 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)
☐ Minimum of 2 water bottles (quart size).
☐ Lots of healthy snacks and a nutritious lunch
☐ *Dry bag for keeping items dry while in the boat.
☐ Bag for personal belongings.
☐ Personal kayak and equipment if applicable.

For further questions or information, please contact:
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