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| Quick Start Your Kayak |  | Kayaking  Level I  3 Hour Class  $55.00 (free with boat purchase) |
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| Overview This 3 hour lesson will leave the participant with the knowledge and skill set appropriate for a beginner paddler looking to get out on the water safely and have a positive experience in their kayak. Objectives Teach the basics of both safety and strokes concerning beginner kayakers   * 1 hour in classroom covering safety materials * 2 hours on water covering  Activities  * Classroom lecture * Forward, reverse, sweep, and draw strokes * Stop, pivot, and low brace techniques * Introduction to basic rescue techniques  Evaluation Prior to conclusion of the course, the students will be asked to model the strokes in proper form, ensuring that they have a complete understanding of the material covered during the lesson. |  | Materials Rental of materials required is included in the purchase price of the lesson. Participants with their own boats are welcome to bring all personal gear as well. Please inform ahead of time if you require rental of necessary equipment (included in the price of the lesson). Those bringing their own equipment should be prepared to bring the following:   * Kayak * Life jacket (PFD) * Paddle * Appropriate shoes * Appropriate clothing for weather and water (preferably not cotton) * Water and snack  Other Questions? Feel free to give us a call at (716) 763-2266 |