



Introduction to Kayaking

Saturday, June 1, 2024

9:00 a.m. to 3:00 p.m.

(Rain or Shine)

This introductory course will provide a basic understanding of safety, equipment, kayak entry and exit, proper paddle and body position, paddle technique and basic strokes.

This course will be limited to the first 15 individuals who sign up.

AGE	The course is open to adults and children eight (8) or older . Those under 18 years of age must be accompanied by a parent or responsible adult .
LENGTH	The course will run from 9:00 a.m. sharp until 3:00 p.m. Bring a snack or a light lunch. The first hour will be classroom instruction with the remainder at the lake.
LOCATION	Meet at the IWLA Rockville Chapter House (Lower Level) at 18301 Waring Station Road, Germantown, MD 20874.
EQUIPMENT	All equipment including life jackets, kayaks and paddles will be provided.
REQUIRED	<i>Participants must know how to swim.</i> Wear water shoes or sneakers (NO flip flops), clothing that can get wet, water and sunscreen. A hat is recommended.
CONTACT	To register, send an email to: iwlarwatersports@gmail.com with the <i>names and ages of children</i> , and names of adults. You will be notified promptly confirming your registration.
COST	Free to IWLA Rockville Members, \$25 for non-members.

Please arrive at 8:45 a.m. to register and complete the required waiver form.

PLEASE JOIN US FOR THIS FUN AND EDUCATIONAL COURSE!