

KAYAKING 101

Houston Parks and Recreation Department

Kayaking 101

This beginning kayak class will focus on:

- Stroke development; forward, reverse, sweeps, draws, skull and rudder.
- Learning balance and how to shift your weight for stability and performance.
- Safe entry and exit from a kayak including flipping and wet exits.

In addition, you will be introduced to beginning fundamentals of the roll. We will discuss different types of kayaks, paddles, and water immersion clothing. This class will be open to veterans with a disability as well as others with a physical disability.

Pool sessions:

Wednesday, January 29, 2014
Wednesday, February 12, 2014
Wednesday, February 26, 2014
Wednesday, March 12, 2014
Wednesday, March 26, 2014

Location:	Metropolitan Multi-Service Center 1475 West Gray
Ages:	18+
Registration:	Required
Fee:	FREE
Program Dates:	Wednesdays
Times:	6:00 p.m. – 8:00 p.m.
Information:	Chuck French, (832) 395-7325 charles.french@houstontx.gov

