



YOUTH AND ADAPTIVE YOUTH SPORTS

# Winter/Spring 2024 Learn to Kayak

## Program Requirements: Ages 9-17 years

# \$10

Learn to Kayak is a program designed for youth to learn basic kayaking skills through education and on-site instruction.

### Participants will learn:

- Identify parts of a kayak
- Launching a kayak
- Basic navigation skills
- Introduction to knot tying
- Steering and paddling safety
- Paddling in an open water environment
- Identification of hazards in the water
- Team building exercises
- and more!

All necessary equipment will be provided to participants which includes a kayak, a life vest, and an oar. Each participant will also receive a T-shirt.



**Pick-up time**  
8:00 AM\*

**Onsite at Kayaking Location**  
9:00 AM to 2:00 PM\*

**Drop-off time back to original site**  
3:00 PM\*

\*All times are estimates

Session	Dates	Registration	Pick-Up Locations	Kayak Locations
#1	Saturdays 1/6, 1/13, 1/20, 1/27	December 23	J.C.A.S.S	Cabrillo Beach
#1	Sundays 1/7, 1/14, 1/21, 1/28	December 23	Cleveland	Lake Balboa, Hansen Dam
#2	Saturdays 2/3, 2/10, 2/17, 2/24	January 20	LACES	Lake Balboa, Hansen Dam
#2	Sundays 2/4, 2/11, 2/18, 2/25	January 20	Glassell	Lake Balboa, Hansen Dam
#3	Saturdays 3/2, 3/9, 3/16, 3/23	February 17	Hey Rookie	Cabrillo Beach
#3	Sundays 3/3, 3/10, 3/17, 3/24	February 17	Cleveland	Lake Balboa, Hansen Dam
#4	Saturdays 4/6, 4/13, 4/20, 4/27	March 23	J.C.A.S.S	Cabrillo Beach
#4	Sundays 4/7, 4/14, 4/21, 4/28	March 23	Glassell	Lake Balboa, Hansen Dam
#5	Saturdays 5/4, 5/11, 5/18, 5/25	April 20	LACES	Lake Balboa, Hansen Dam
#5	Sundays 5/5, 5/12, 5/19, 5/26	April 20	Hey Rookie	Cabrillo Beach

\*Online Registration opens @ 9:00 AM. On Site Registration time may vary.

Visit: [www.laparks.org/discover-activities](http://www.laparks.org/discover-activities) to register.

If transportation is needed from the pick-up location to the kayak location select "Yes" when registering.

Persons with disabilities are welcome to participate in our aquatic programs.

Reasonable accommodations will be made with prior arrangements.

Made possible by the LA28 Olympic and Paralympic Games

