

INTRO TO WHITEWATER KAYAKING



Brace yourself for adventure as you discover the wonder, thrills, and challenges of white-water kayaking! Immerse yourself in what is rapidly becoming one of the hottest sports around as you learn to ride the waves from a qualified instructor. At the end of the course, first-time kayakers will be comfortable and controlling their boat like a duck in the water and ready to move on learn to run the rapids.

- A kayak and paddle selected for you and all the required gear will be provided
- No experience necessary - the course has you in calm waters, so beginners can quickly gain a feel for maneuvering the kayak and build confidence
- The first part of the course focuses on basic paddle strokes, wet exits, bow rescues and hip snaps
- As the course progresses, your skills will accumulate and you will work on learning how to roll your kayak

Your Gift Locations*

Lakewood, CO

Availability

May through September, Saturdays

Duration

Approximately 6 hours

Essential Information

Minimum age is 8 years old; all participants must sign a waiver (by parent/guardian if under 18)

Numbers

Experience for 1 in a group of up to 12



*GIFTS ARE REGIONALLY BASED. PLEASE VISIT WWW.EXCITATIONS.COM/REDEEM FOR THE LATEST LOCATION LISTINGS • ED01-10-2476-A