

## SEA KAYAKING FOR BEGINNERS



Get ready to ride with the tide. Get your feet wet with a full day introduction to the wonderful world of sea kayaking. Learn fundamental skills and important paddling strokes under the guidance of an experienced instructor. Learn how tides and currents affect the sea kayaker and practice a variety of important safety and rescue techniques. Build your confidence on the water and leave feeling comfortable enough to continue kayaking on your own.

- Meet your instructor and get outfitted with the appropriate gear
- Begin with on-land instruction on how to enter and exit the cockpit and prep your kayak
- Work in the water practicing stroke techniques such as sweep, draw, brace, and boat control
- Break for lunch and a discussion about tides, currents and basic navigation
- Finish the day practicing vital assisted and self-rescue procedures
- Includes use of all equipment including wet suit and paddle jacket

### Your Gift Locations\*

Half Moon Bay and Oakland, CA

### Availability

Year round, most weekends

### Duration

7 hours with 4 hours on water

### Essential Information

Minimum age is 14 years old, under 18 must be accompanied by a parent/guardian

### Numbers

Experience for 1 in a group of up to 6