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# SEA KAYAK SAFETY CLASS

Join Rick Taylor, certified ACA Sea Kayak Instructor and Maine Guide at the Boothbay Region YMCA for a fun, informal kayak skills pool session to kick off the kayak season. The purpose of this session is to enhance safety skills to beginner and intermediate level kayakers in order to gain the confidence they need to be safe in open water.

You will need to provide your own kayak and paddle— lifejackets can be provided. Nose plugs are not mandatory, but are certainly helpful. All boats will be hosed down before entering the pool.

## TOPICS TO BE COVERED:

- Proper and safe clothing/gear to take with you.
- How to safely enter/exit your kayak on a beach or dock.
- How to wet exit (getting out of a capsized kayak while underwater without stress).
- How to re-enter your capsized boat while on the water.
- Basic paddle strokes.

## WHERE:

BRYMCA EMERY POOL

## WHEN:

SUNDAY, APRIL 7, 2019

10:00AM- 12:00PM

## FEE PER PERSON:

\$10.00— 10 PERSON MAXIMUM

## CONTACT:

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