



## Kayaking 101 – October 1, 2009

### Registration Deadline

- Monday – September 28, 2009

### Information Meeting

None

### Dates/Times

- Thursday – October 1, 2009 @ 8:00pm – 10:00pm
- Meet in Brundage Pool at the Student Recreation Facility

### Trip Cost

Free

### Experience Level

- Beginner – No previous paddling experience needed, all skill levels welcome.
- All UConn Outdoors Trips require varying degrees of physical fitness. We are not qualified to evaluate your fitness level so you must do so on our own. If you are unsure about your physical condition consult with a physician before participating on any one of our trips.

### Trip Overview

This session is designed to get you in a kayak and experience this fantastic water sport. Instructors will give you a brief overview of the equipment, paddling concepts, and safety issues involved in kayaking followed by the opportunity to get in the pool and play! We will be happy to answer any of your questions and help you get the most out of your future paddling experiences. This is a great way to learn, in a comfortable environment.

### What UConn Outdoors Will Provide

- Equipment
- Instruction

### What To Bring

- Bathing suit
- Synthetic shirt
- Towel
- Goggles (optional)

### Contact Information

- UConn Adventure Center – (860) 486-8004

### Cancellations and Refunds

If you cancel your registration for any reason it must be done before the close of business (6pm) on the registration deadline. Cancellations after the registration deadline will result in a charge of \$20 being placed on your fee bill. This charge is standard of all free programs requiring registration within UConn Recreation and is designed to ensure participation. Please plan accordingly.