

Tyler
Parks and Recreation
Presents

Expanding
Life's
Horizons

At Your Leisure Series:

Kayaking Basics Clinic

Date: June 26 or Aug. 14, 2010

Time: 9:30 a.m. to Noon

Location: Fun Forest Park Pool, 900 N. Glenwood, Tyler

Details: Each participant will learn: The history of Kayaking, safety on the water and rules to follow. Also the essential basics for being prepared mentally, proper gear needed, capsize and recovery basics and paddling techniques. This clinic is for ages 16 and up and our guest instructor is Jerry Cruse. We also have additional sponsors, **Gander Mountain and Simpson's Fitness and Adventure Sports** providing equipment.

Each participant must have their own personal lifejacket. Kayaks will be available but are limited. If you have your own kayak you may bring it. Class space is limited and each person must pre-register. The Kayaking Basics Clinic is a part of the "At Your Leisure Series."

Cost: \$25 per person

Contact: Debbie Isham, Special Events/Recreation Manager at (903) 531-1214



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