

Learn-To-Kayak  
LHS Pool  
Cleveland Metroparks Institute of the Great Outdoors

*To register for these courses, please call (216) 341-1704*

**Kayaking I: Introduction to Kayaking**

Learn to kayak in the comfort of a pool this winter. This entry level course combines classroom and on-the-water practice to introduce you to equipment, basic paddling strokes and more. Sessions include all necessary kayaking equipment and participants should be prepared to get wet while practicing wet exits. Registration deadline: January 6 & January 23 (for February classes).

Activity Level: easy

Ages: 16 and over (with participating adult)

January 22 or February 5, 9 a.m. - noon

Lakewood High School

Fee: \$35 (includes boats & equipment)

**Kayak Rescues**

It's a great time of year to hone your kayak rescue and re-entry skills. Join trained kayak instructors for an in-depth pool session of kayak safety including solo and tandem rescue techniques. Practice strokes you learned last summer while improving your advanced skills. Registration deadline: January 30.

Activity level: moderate

Ages: 16 and over (with participating adult)

February 12, 9 a.m. - noon

Lakewood High School

Fee: \$30 (includes boats & equipment)

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