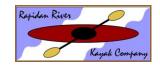


- HISTORY OF KAYAKING
- TYPES OF KAYAKS
- KAYAKING SAFETY
- CARE OF KAYAKS AND EQUIPMENT
- KAYAK STROKES & MANEUVERS
- SELF AND ASSISTED RESCUES



LOCATED AT: RAPIDAN RIVER KAYAK COMPANY 12449 SPICEWOOD ROAD, ORANGE VA

WEDNESDAY, AUGUST 14 10A.M-3 P.M. AGES 11-14 COST: \$80



## **REMINDERS**:

FOR A SAFE AND FUN EXPERIENCE, EACH PARTICIPANT SHOULD BRING OR WEAR:

- SUNSCREEN
- HAT, CAP, AND/OR SUNGLASSES
- SUITABLE WATER SHOES OR OLD SNEAKERS (NO FLIP-FLOPS)
  - LUNCH AND WATER BOTTLE

CONTACT OCPR TO REGISTER AT (540)672-5435 SEDWICK BUILDING 146 NORTH MADISON ROAD, ORANGE, VIRGINIA 22960