

Basic Sea Kayak Strokes and Rescues 1-Day Course

Recreational Sports Outdoor Program

UNIVERSITY OF MINNESOTA DULUTH

Driven to Discover™

Pick Your Date

HERE'S WHAT TO EXPECT:

A safe and fun introduction to the sport of coastal kayaking. The course is designed to prepare paddlers to comfortably and safely paddle on protected, flatwater environments with conditions not to exceed 1-foot seas, 10 knot winds and be no more than 1/2 mile from shore. You will be actively involved and learning about sea kayak equipment, paddling techniques, on water safety and rescues.

WHERE: This is an 8 hour course that meets at the UMD Boat Shed on Park Point. Directions: Arriving in Duluth taking I-35 North, take exit #256B towards Lake Ave - go 0.5 mi, turn Left on W Commerce St - go 0.1 mi, turn Right on Lake Ave, go over the lift bridge, turn Right on 15TH ST S, turn Right on St Louis Ave (T in front of armory), we are next to the armory.

COURSE INFORMATION: This is a physically demanding class, please eat a healthy breakfast pack a lunch and drink plenty of fluids. You will spend the day paddling and swimming in Lake Superior and the Duluth Harbor.

EQUIPMENT: The weather in Duluth can be particularly wet and cold, learning kayaking skills is a getting and being wet process. Please bring the following equipment; Swimsuit & towel, filled water bottle, sunglasses, eye glasses strap, sunscreen, warm hat that covers your ears, sun hat, notebook & pencil, lunch, fleece long sleeve top or wool sweater, footwear - 1 thin and narrow soled pair of shoes to get wet, i.e., neoprene booties, teva style sandals, tennis shoes, etc, synthetic long underwear top and bottom (no cotton), warm jacket.

WE PROVIDE: We provide kayaks, paddles, lifejackets, wetsuits and accessories

Call to arrange dates for small groups.

\$175/person (2-3 people)

\$150/person (4-6 people)

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General Information and Registration

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Sea Kayaking Information

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The Real Classroom Is Outside...Get Into It!