

UREC OUTDOORS

Whitewater Kayaking 101

When: September 12, 6:00 p.m. – 9:00 p.m.

Location: HPER Natatorium

Registration Deadline: September 12, 6:00 pm

Trip registration and payment are due prior to the registration deadlines. Please let us know at the time of registration if you plan on bringing your own equipment.

Cost: \$15 student, \$20 member, \$25 non-member

Description:

Join the UREC Outdoors for an Intro to White Water Kayaking. The group will work on fundamental kayaking knowledge and skills including; strokes, braces, self-rescues, equipment and design, kayak fitting, and wet-exits. The kayak roll will not be the focus of the clinic but may be addressed if time allows. The clinic is appropriate for any beginner interested in learning fundamentals or an intermediate paddler looking to fine tune their skills.

For more information:

Phone: 479-575-CAMP

Email: camp@uark.edu

Registration: <https://urecmembers.uark.edu/> or HPER 102

What to Bring:

- Bathing Suit
- Towel
- Water
- Personal Equipment

What We Provide:

- Kayak
- PFD
- Paddle
- Helmet
- Instruction from Trained UREC Outdoors Staff

