



Kayaking Program for Golden Age Center

Fun Paddle

This is a one-day program for anyone who is comfortable paddling in the Niagara River. We will start with a safety briefing and then paddle along the shore through the East River Marsh to the River Lea dock. We will get a close look at the habitat restoration project and have a chance to see birds and other wildlife up close. Once at the River Lea dock we will assess the groups ability and either stay along the shore or cross the river channel to Motor Island.

Location: East River Marsh Kayak Launch

Time: 9:00 a.m. – 12:00 p.m.

Dates: Monday, July 12

Wednesdays: August 18; September 15; October 6

Max

Seats: 6 participants

To register: *Call the Golden Age Center at (716) 773-9682.*

Introduction to Kayaking Class

This is a two-day program for anyone new to kayaking or wanting basic instruction on paddling safety and paddle strokes. The first day will be on land instruction and the second day will be on water. Instruction will include equipment, safety gear, boat handling, balance and paddle strokes. The on-water session will be a paddle along the shore through the East River Marsh to the River Lea dock. We will get a close look at the habitat restoration project and have a chance to see birds and other wildlife up close. Once at the River Lea dock we will assess the group's ability and either stay along the shore or cross the river channel to Motor Island.

Location: Land Class – *Community Center*

Water Class – *East River Marsh Kayak Launch*

Time: 9:00 a.m. – 12:00 p.m.

Dates: Monday, August 2 – *Land Class*

Tuesday, August 3 – *On water*

Max

Seats: 6 participants

To register: *Call the Golden Age Center at (716) 773-9682.*