



Aquatrek Adventures.
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SEA KAYAKING FUNDAMENTALS (8HRS) \$225

The Pacific Northwest is a sea kayaker's paradise - one that you too can enjoy if you have the knowledge and skills. Whether you are new to sea kayaking or want to improve your skills, this class will help prepare you to safely explore our beautiful Northwest waters. This three-session class consists of two classroom sessions and one lake session. You will learn how to select kayaks, clothing, and gear that will work for you and your budget; how to transport, launch, and land your kayak; how to prevent injury and review other considerations for a safe, fun trip; how to paddle effectively and efficiently by using a variety of paddle strokes; how to use your boat and body for easier, sharper turns; how to use tide and current tables and nautical charts to plan your trips and navigational techniques to keep you on course; how to prevent capsizing with bracing strokes and how to get back in your boat if you capsize as well as how to assist others if they capsize. No experience is necessary. The Saturday "on the water" session will meet at Homestead Park at Silver Lake in Everett. \$225 class fee includes use of kayak, spray skirt, paddle, pump and drysuit (#9432).