



YOUTH AND ADAPTIVE YOUTH SPORTS

Summer 2023 - Learn to Kayak

Program Requirements

Age 9-17

\$10

Learn to Kayak is a program designed for youth to learn basic kayaking skills through kayak education. Participants will learn:

- Identify parts of a kayak
- Launching a kayak
- Basic navigation skills
- Introduction to knot tying
- Steering and paddling safety
- Paddling in an open water environment
- Identification of hazards in the water
- Team building exercises
- and more!



Transportation may be provided to and from the assigned location if needed.

All necessary equipment will be provided to participants which include kayak, life vest, oars, and T-shirt.

Session	Registration	Locations
#1 July 03, July 5 - July 07	June 17, 2023 @ 9am	Lanark
#2 July 10 - July 14	June 24, 2023 @ 9am	North Hollywood
#3 July 17 - July 21	July 1, 2023 @ 9am	Central
#4 July 24 - July 28	July 8, 2023 @ 9am	Lanark
#5 July 31 - August 04	July 15, 2023 @ 9am	North Hollywood
#6 August 07 - August 11	July 22, 2023 @ 9am	Lanark

Persons with disabilities are welcome to participate in our aquatic programs. Reasonable accommodations will be made with prior arrangements.

City of Los Angeles
Department of Recreation and Parks

Made possible by the LA28 Olympic and Paralympic Games



Follow us on
Instagram
@iswimla



laparks.org/aquatics
citywide.aquatics@lacity.org
323-906-7953