

**Tyler  
Parks & Recreation  
Presents**

**Expanding  
"Life's"  
Horizons**

**At Your Leisure Series:**

**Kayaking Basics Clinic**

**Date:** June 6, 2009

**Time:** 9:30 a.m. to Noon

**Location:** Fun Forest Park Pool, 900 N. Glenwood, Tyler, TX

**Details:** Each participant will learn: the history of Kayaking, safety on the water and rules to follow. Also the essential basics for being prepared mentally, proper gear needed, capsize and recovery basics and paddling techniques. This clinic is for ages 16 and up and our guest instructor is Jerry Cruse. We also have additional sponsors, **Gander Mountain & Simpson's Fitness and Adventure Sports** providing equipment. **Each participant must have their own personal lifejacket.** Kayaks will be available but are limited. Bring your own if you have one. Class space is limited. An additional outing has been planned for October 24, 2009, watch for details. Each person must preregister. The Kayaking Basics Clinic is a part of the "At Your Leisure Series".

**Cost:** \$25.00 per person

**Contact:** Debbie Isham, Special Events/Recreation Supervisor at (903) 531-1214



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