

# Adult Sea Kayaking



**July 19 or August 2**

**9:30 am-1:30 pm**

**Fee: \$65**

**Marion Town Landing**

**You will have a fun-filled day exploring the shores of Marion by sea kayak!**

**This workshop provides beginner and novice paddlers with a fun and safe introduction to the sport of coastal kayaking. We start the day getting familiar with our kayaks, paddling equipment, and safety procedures. After a quick warm up, it's on to the water to begin our adventure. We will cover basic strokes, bracing, and capsizing and recovery techniques. As we explore the island and coves of Sippican Harbor, we will address rules of the nautical road, seamanship, and weather awareness. This course provides a comfortable learning environment for first time paddlers or novice paddles looking to refine their existing skills.**

**We provide the instructors, kayak and gear;  
Students bring a bag lunch and a water bottle.**

# Adult Sea Kayaking



\_\_\_\_\_ July 19

\_\_\_\_\_ August 2

Name \_\_\_\_\_

Address \_\_\_\_\_ PO Box \_\_\_\_\_ Phone \_\_\_\_\_

Email address \_\_\_\_\_

The following waiver must be signed-

I \_\_\_\_\_, do hereby consent to my participation in the programs of the Marion Recreation Committee. I hereby agree to release and hold harmless the Marion Recreation Committee, the Town of Marion, the Marion Recreation Committee members, coaches, supervisors, instructors, and officials, from and against any responsibility, claim, liability or any other claim of damage arising from an injury tome incurred during any activity of the Marion Recreation Committee.

Signature: \_\_\_\_\_ Date \_\_\_\_\_

- Please pay by check made out to **Marion Recreation** and send it and this form to the Marion Recreation Committee, P.O. Box 539, Marion, MA 02738.
- Additional applications may be obtained in the Marion Recreation display in the lobby of the Marion Town Library or online at [www.marionrec.org](http://www.marionrec.org).