

Women's Kayaking Workshop



JULY 11-12, 2009

Bahnhof Sport
1300 Bay View Road
Petoskey



This workshop will focus on beginning instruction in kayaking in a private setting. The small number of participants will allow plenty of time for personal, hands-on instruction.

*Learn to paddle with adventurous, like-minded women who share your love of the out-of-doors. Visit beautiful northern Michigan for a two-day kayak workshop. Learn to kayak in a fun, safe and supportive environment

*ACA Introduction to Kayaking is a six-hour course that will be split between the two days. The course is focused on how to paddle the proper way to make your experience on the water safe and more enjoyable. You will gain confidence, safety awareness and learn how to paddle more efficiently. Our female instructors are supportive and sensitive to your needs!

You Will Learn:

*What to wear to prevent hyper/hypothermia *Essential paddling gear and supplies
*How to plan and prepare for a trip *How to be safe on the water *Your responsibility as a paddler
*Boat balance and trim *Loading and launching your kayak *Use of PFDs and safety gear
*Paddle selection and use *Boat maneuvers: spinning, turning, paddling forward in a straight line and controlled stops
*Controlled capsizes, self-rescues and assisted-rescues

SATURDAY

Check in is Saturday, July 11, at 8:30 a.m. at Bahnhof Sport, 1300 Bay View Road, Petoskey. Bagels and juice, instruction and carpool to lake to kayak until noon
Lunch will be provided

Afternoon options: trip to Oden State Fish Hatchery and Michigan Fisheries Visitor Center
http://www.michigan.gov/dnr/0,1607,7-153-10365_10887-89222--,00.html or a three-hour bike ride of your choice around the Petoskey area.

Check in at the Comfort Inn, 1314 US-31 North will start at 4 p.m. Rooms are booked in the name of state of Michigan/BOW. Rooms will be shared by two women, each with their own queen-sized bed. You may specify a roommate if you have a preference.
Dinner will be on your own - eating as a group would be nice

SUNDAY

7:30 - Continental breakfast at the hotel
8:30 - Gather at Bahnhof Sport to travel to lake
Noon - Lunch provided and workshop wind-up

Our goal is for everyone to have a wonderful time learning new skills with knowledgeable and friendly instructors in a beautiful up-north setting. We are very fortunate to have top-notch women instructors lined up for this workshop.

ENROLLMENT IS LIMITED TO ONLY 16 PARTICIPANTS

Registration fee is \$250 and includes all instruction and lodging, plus two breakfasts, two lunches, a special T-shirt and the optional trip to Oden State Fish Hatchery or three hours of bike rental. Plan to bring rain gear, long pants, a long- and short-sleeved shirt, a jacket and hat as well as bug spray and sun screen.

Becoming an Outdoors-Woman is a series of workshops focused the learning of outdoor skills, skills usually associated with hunting and fishing, but useful for many outdoor pursuits. Designed primarily for women, it is an opportunity for women 18 years of age or older and is for you

- ◆ If you have never tried these activities, but have hoped for an opportunity to learn
- ◆ If you are a beginner who hopes to improve your skills
- ◆ If you know how to do some of these activities, but would like to try some new ones
- ◆ If you are looking for the camaraderie of like-minded individuals

