

K R A KAYAKING KIDS

Name: _____

Learning to kayak should be fun. Individuals age 10-18 are free to advance at his or her own pace.

The Kids' Program is based on a program founded by Tom Long, developmental coach of the USACK Junior Team and owner of Cascade Raft and Kayak Company in Idaho.

The initial learning takes place at the McMurtrey Aquatic Center starting on June 9, 2011 Thursday nights from 5:30-7:30 p.m.

Our kids learn about balance, entering and exiting a kayak, basic forward and sweep strokes, rescue techniques, and the Eskimo roll. Upon instructor approval, the students are taken to the lake or a flat section of the river for additional instruction on basic stroke and learning to paddle straight.

Before going on the river, kids learn river safety, which includes safety swimming, identifying and understanding river features, and river terminology. The kids also learn to respect the river. No one is allowed in the water without a life jacket and helmet.

The next step is putting to use the skills learned. Whitewater slalom is a perfect way to develop kayaking skills. Program participants have the opportunity to attend slalom clinics, river races, surf kayaking, and attend recreational paddles on weekends. Some of our students are encouraged to participate in the Junior Olympics.

TO JOIN THE KERN RIVER ALLIANCE KIDS KAYAK PROGRAM:

- JUNIOR KRA MEMBERSHIP (ages 10-18) \$50.00
- ADULT KRA MEMBERSHIP (includes ACA insurance) \$100.00
- FAMILY KRA MEMBERSHIP (up to 2 adults & 2 juniors, with ACA insurance) \$200.00

(Applicants must complete all necessary waivers and medical releases.)

All KRA members will receive a 10% discount on purchases at Sierra South Mountain Sports in Kernville (excluding boats).

I want to do more! In addition to dues, I am enclosing a contribution of: \$_____.

TOTAL AMOUNT ENCLOSED: \$_____.

*Kern River Alliance is a non-profit organization and contributions are tax deductible according to Internal Revenue Code, Section 501(c)(3) and Section 170.

Please print clearly:

Name _____ DOB _____

Name _____ DOB _____

Name _____ DOB _____

Name _____ DOB _____

Address _____

City _____ State _____ Zip _____ Email _____

Phone: daytime _____ evening _____

If you are already an ACA member, please indicate your ACA# _____

Please make checks payable to and mail to Kern River Alliance, 3805 Silverado Street., Bakersfield, CA 93306.

Our instructors are certified by the American Canoe Association. Kern River Alliance operates solely by our volunteer support. All kayaking equipment is available during class use to members at no charge. Membership dues help pay for maintenance and/or replacement of boats, helmets, sprayskirts, paddles, and life jackets.

(rev. 6/2011)