



1450 MAPLE ST REDWOOD CITY, CA 94063 650 474 2247

BIAC TEACHES PADDLERS BASIC SKILLS FOR CANOEING AND KAYAKING. PADDLING PROGRAMS ARE AIMED AT PADDLERS BETWEEN THE AGES OF 10 AND 17.

## CANOE AND KAYAK PROGRAMS

### Introduction to Flatwater Paddling:

This program is designed for first time paddlers of all ages. Curriculum covers forward stroke, maneuver strokes, safety and rescue. The course is 4 weeks long /two times per week and covers both canoes and kayaks. Each class will have 10-12 students. The breakeven would be 4 participants.

Fees: \$75 for 8 sessions.

### Novice Flat water Paddling:

This program is designed for first year paddlers of all ages and children younger than 12. Curriculum covers forward stroke refinement, balance drills and race skills. This program covers both canoes and kayaks. This program is going to be offered from May-July as a 3-month program. Each class will have 10-12 students. The breakeven would be 4 participants. Class session is 3 month long. /two times per week/

Fees: \$230 per 3 month or \$80 monthly.

### Introduction to Flatwater Paddling Class Schedule

<u>Month / Dates</u>	<u>Days</u>	<u>Times</u>
1. September 13 – October 9	T-Th., W-St*	3:30-4:45pm 5:00-6:15pm
2. September 20 - October 16	M-F.	3:30-4:45pm 5:00-6:15pm
3. September 27 –October 23		3:30-4:45pm 5:00-6:15pm
4. October 4 – October 30		3:30-4:45pm
5. October 11 - November 6		3:30-4:45pm
6. October 18 – November 13		3:30-4:45pm
7. October 25- November 20		3:30-4:45pm

\*Saturday class time 9:00a.m. -10:15a.m., 10:30a.m. - 11:45a.m.

Students should bring comfortable wear, a jacket or fleece, a towel and change clothing. Sun protection is essential; therefore bring a sun block cream, sunglasses and a lanyard to keep them around a head, bottle of drink water, and non-leather comfortable shoes or sandals.

To sign up or get more information, please e-mail Gina Sanchez at: [gvs@stanford.edu](mailto:gvs@stanford.edu)  
Come and check us out in person on Saturday, Sept. 11 from 9 a.m.- 11 a.m.

