

KAYAK



**Mehlville High School Pool
3200 Lemay Ferry Road**

Introduction to Whitewater - 6 weeks - January 9th thru February 13th

This is the perfect way to get started in whitewater kayaking. You will begin building fundamental skills indoors, in a warm pool. Ages 15 & up.

Cost: \$90; plus an additional \$25 for equipment rental (boat, skirt, paddle) if needed.

Learning to Roll - 4 weeks - February 20th thru March 13th

Focused on rolling a whitewater kayak, this class is for you whether you are hoping to nail your first roll or wanting to practice and refine your roll to make it bomb-proof on the river. You will receive pool-side instruction and then work one-on-one with instructors. (Sponsored by the Missouri Whitewater Association.) Ages 15 & up.

Cost: \$40.

Open Pool Practice - 4 weeks - March 27th thru April 17th

Bring your whitewater kayak and practice strokes, rolling, play moves, etc. in the warm pool. This does not include formal instruction, but Missouri Whitewater Association instructors will be on hand to coach. Ages 15 & up.

Cost: \$40

REGISTER ONLINE:

mehlilleschooldistrict.revtrak.net

