

**Register Early!**

**For  
additional  
information,  
please call  
SUNY Delhi  
Outreach &  
Workforce  
Development  
at  
607-746-4545**



**Outreach & Workforce Development  
174 Bush Hall, SUNY Delhi, Delhi, NY  
13753  
607-746-4545  
Fax 607-746-4547**



## **American Canoe Association**

## **Essentials of River Kayaking Course**



**SUNDAY**

**June 4, 2017**

**9:00 am-5:00 pm**

**Sunday, June 4,  
2017**

**9 am to 5pm  
At**

**SUNY Delhi**

**Pool and Local River**

Participants should bring swim wear for the pool portion of the course and appropriate outerwear for the river portion.

**Registration deadline:**

**May 26, 2017**

This course is for beginning paddlers and covers skills to help paddlers safely and enjoyably kayak on rivers up to Class 1 in difficulty. The course is open to ages 14 and up (participants under the age of 18 must be accompanied by a parent or legal guardian). Participants must be able to swim the length of the pool and feel comfortable putting their head under water.

The first portion of the course will take place at the SUNY Delhi pool; the second portion will take place on a local river.

Topics covered for the course will include: personal preparation, equipment, strokes, maneuvers, safety and rescue, the paddling environment, and river running.

**Cost \$125**

Kayaks, paddles, PFD's, instructional book/handouts, and lunch will be provided.

Course completion qualifies participants to rent SUNY Delhi kayak equipment during summer months.

**REGISTER TODAY**

**One Registration form per person**

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Day Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

**River Kayaking Course**

**\$125** (Includes Kayak, Paddles, PFD's, Instructional book/handouts and lunch will be provided)

Registration deadline May 26, 2017

Method of Payment (Payable to SUNY Delhi)

\_\_\_\_\_ Check

\_\_\_\_\_ Purchase Order/Voucher

\_\_\_\_\_ Visa \_\_\_\_\_ MasterCard \_\_\_\_\_ Discover

Payment total: \_\_\_\_\_

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Return registration form and payment to:

**Outreach & Workforce Development**

**SUNY Delhi, 174 Bush Hall, Delhi, NY 13753  
or Fax 607-746-4547**