



## Learn to ocean Kayak!

It's an amazing experience to go kayaking in the archipelago. With good paddling techniques and knowledge you can maximize your enjoyment.

### Join our Beginners course nr: 2

Tuesday 3 July 17 - 20

Wednesday 4 July 17 - 20

### Course program:

Day 1) We review basic paddling techniques and shows how a how to rescue your friend. Then we go on a kayak trip where you learn different techniques, enjoy the kayaking experience and have refreshments on an island in the archipelago.

Day 2) During the second meeting we will review more advanced paddling techniques in which participants, exercising control over the kayak. In the end the participants get a chance to try to rescue each other under our supervision.

### Topics that we go through over the two days:

- Equipment
- Rescue exercises
- Getting in and out
- Kayak technique
- Steering techniques
- Theoretical safety aspects

The price is: 1050 and include guides and fully equipped kayaks. If needed you can stay in our Yurt or rent camping gear from us.

Reservations are done to: [martin@kajakochfritid.se](mailto:martin@kajakochfritid.se) +4670-644 9776

*I wish you warmly welcome  
Martin at Kajak & Fritid in Oxelösund*

