



Paddle in Nature Itinerary

Dates: July 28-30, 2026

Time: 9 am-3 pm

Location: Independence Grove

What to wear: Water shoes that cover the entire foot or have a heel strap - no flip-flops, slides or Crocs! Clothing that is appropriate for the weather and paddling, brimmed hat and sunglasses.

What to bring: Backpack to hold snacks, lunch, water bottle, change of clothes/swimwear, water shoes, towel, plastic bag for wet clothes, sunscreen. Optional: insect repellent. (Please apply before entering the pavilion).

Tuesday, July 28: *Meet at the North Bay Pavilion*

Kayak Basics and Aquatic Mammals

An introduction to kayak terminology, equipment, and basic paddle strokes. After lunch, the focus will shift to aquatic mammals and exploring a beaver lodge from a kayak.

Wednesday, July 29: *Meet at the Funbrella (next to the Marina)*

Canoeing Basics and Wetland Plants

An introduction to canoe terminology, equipment, and basic paddle strokes. After lunch, the focus will shift to wetlands and the plants that can be found there.

Thursday, July 30: *Meet at the Funbrella (next to the Marina)*

Advanced Kayak Maneuvers, Wetland Birds and Stand-up Paddle Boarding (SUP)

Learn to identify common wetland birds while expanding your kayak paddling skills. After lunch, work on advanced maneuvers and have the chance to try Stand-up Paddle boarding.

Program Instructors: April Vaos, avaos@lcfpd.org, 847-276-5386
Elise Olmstead, eolmstead@lcfpd.org, 847-894-0724

Please email AskAnEducator@LCFPD.org for general questions.

**Be sure to complete and return all forms at least one week prior to the start of the program.*

**Please note that some activities may be substituted or modified due to time constraints, site resources, participant interests, or inclement weather (including winds over 12 miles per hour or other unsafe paddling conditions). In the event of prolonged inclement weather (excessive heat, high winds, thunderstorms/lightning or air quality advisory) the day's session will be canceled. If thunderstorms/lightning persists for more than 45 minutes, participants will need to be picked up.*

