



## Kayaking in Nature

**Dates:** June 28-June 30, 2022

**Time:** 9:00am-3:00pm

**Location:** Independence Grove, *meet at the North Bay Pavilion*

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

**What to bring:** Backpack to hold snacks, lunch, water bottle, change of clothes/swimwear and shoes, towel, plastic bag for wet clothes, sunscreen. Optional: insect repellent

### Itinerary

#### Tuesday, June 28

##### ***Kayak Basics and Aquatic Mammals***

Learn or review 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, June 29

##### ***Advanced Maneuvers, Rescue Techniques and Wetland Birds***

Expand paddling skills by learning advanced maneuvers and rescue techniques. After lunch, learn to identify common wetland birds and practice your new skills. *Expect to be in the water!*

#### Thursday, June 30

##### ***Reading the River and River Stewardship<sup>^</sup>***

*A Des Plaines River Steward joins us today!* Receive an overview of how to read a river and differences between lake (flatwater) and river (moving water) paddling. Make observations and clean the river as we paddle along a stretch of the glacially-formed Des Plaines River. Lunch is on the river or riverbanks. *Drop-off and Pick-up sites may change dependent upon river conditions. These details will be shared in an email and in person the week of the program.*

<sup>^</sup>If river conditions aren't ideal, the alternative paddling site may be Hastings Lake in Lake Villa.

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Please email [AskAnEducator@LCFPD.org](mailto: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 15 mph or other unsafe paddling conditions). Cancellations of this program will be sent to the email(s) listed on the form. In the event of prolonged inclement weather (excessive heat or thunderstorms and lightning lasting more than 2 hours) the day's session will be canceled.*

