

Free

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PaddleSmart Seminar



- **Who** - seminar is aimed at beginning kayak and canoe paddlers
- **What** - seminar will cover a basic introduction to the sport of paddling, including:
 - Types of kayaks and canoes
 - Equipment to enjoy the sport
 - Paddling terminology
 - Basic paddling maneuvers
 - On-the-water recommendations
 - Local clubs
 - More ...
- **Seminar Kit** - optional:
 - *The Complete Sea Kayaker's Handbook* by Shelley Johnson
 - *Introduction to Paddling – canoeing basics* by American Canoe Association (ACA)
 - Workbook – for note taking
- **When** — 1 session, 2 hours; Saturday, 6 June 2009; 10:00am to noon; doors open 9:30am
- **Where** — seminar @ Hiawatha Island Boat Club's Les Wagner Rowing Center
 - From Binghamton, Vestal, Endicott: Take Rt 17 West, Exit 88. Turn right at end of ramp, go to signal and turn left on Rt 17C. Go 4.5 miles, Rowing Center is on the left. Use caution when crossing RR tracks.
 - From Owego: Take Route 17C 1.5 miles past Lockheed Martin. Rowing Center is on the right. Use caution when crossing RR tracks.
- **Cost** — no charge; optional materials available
- **Reservations** — are requested; call Dave at (607) 754-5371

Susquenango Power Squadron is the Greater Binghamton's "go to" volunteer source for recreational boating information, courses, and New York State's mandated marine safety education. Visit our web site at <http://susquenango.org/> for information on our next class.

United States Power Squadrons — dedicated to making boating safer and more fun

<http://www.usps.org>

<http://AmericasBoatingCourse.com>



USPS'® *PaddleSmart*SM Seminar presented by Susquenango Power Squadron



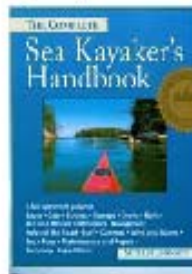
The "*PaddleSmart*" Seminar is for beginning paddlers and those about to jump into the sport of kayaking or canoeing. The seminar covers a number of topics of interest to first-time paddlers:

- Types of kayaks and canoes
- The wide selection of equipment available
- An explanation of some of the confusing paddling terms
- Basic paddling maneuvers – both kayaks and canoes
- Safety practices – including video clip examples
- Day-tripping and touring considerations
- Local clubs
- More ...

The optional "*PaddleSmart*" Kit available to attendees includes references and other materials:

- *The Complete Sea Kayaker's Handbook*, by Shelley Johnson, pictured below, left
- *Introduction to Paddling – canoeing basics for lakes and rivers*, by the American Canoe Association, pictured below, right
- Hypothermia brochure
- Workbook for note taking

Kits will be available just prior to the seminar. Supplies are limited.



Pre-registration is requested for the seminar. Seating and Seminar Kits are limited and are available on a first-come basis. **Call Dave at (607) 754-5371 to pre-register and reserve a seat.**

Date: Saturday, June 6, 2009

Time: 10:00am – 12:00 noon or till discussions are completed

Location: Hiawatha Island Boat Club's Les Wagner Rowing Center

- From Binghamton, Vestal, Endicott: Take Rt 17 West, Exit 08. Turn right at end of ramp, go to signal and turn left on Rt 17C. Go 4.5 miles, Rowing Center is on the left.
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