



# LEARN KAYAKING AT JL SORENSON

**\$15**

**SAT. JULY 15 & 29**

**FRI. JULY 7 & AUG 4**

## Learn to Kayak

Have you ever wanted to Kayak but don't know where to begin? What kayak is right? How do you kayak? Where do you kayak? How do you know if it is safe? What happens if I fall out? I will be teaching you all this and the basics of River Kayaking.

## Run the River

After class, if you feel ready you can follow me up to the Provo or Weber River. The river run is not part of the class and is free to everyone (Weather permitting). Items to bring on the river, quick drying clothes, water to drink, sunscreen, water shoes (not flip flops!), a Kayak, paddle and life jacket are essential to run the river. Bonus items would include lunch, water bag, sunglasses, hat, towel, change of clothes etc...

**LIMITED SPACE!! Min of 4 participants max of 10 participants**

**Classes offered  
Friday & Saturdays**

**8-8:45 am at JL  
Sorenson  
You don't need to  
bring anything to  
the class if you don't  
plan to run the river**

**\$15 per class**

**Contact me for  
Kayak rentals**

**Beginners and  
families welcome**

**ADVENTURE WITH  
HARMONIE**

HarmonieWheeler@gmail.com

801-520-9759

Or

SWhite@slco.org

For more information