



801 E. Front Street, Traverse City, Michigan 49686

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FOR IMMEDIATE RELEASE

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Contact: Lori Wells, Manager

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Subject: Kayaking Rescue Clinic

Traverse City – Imagine you and a partner are paddling kayaks in one of our northern Michigan lakes. The morning sun shines brightly to the east and puffy white clouds float lazily overhead. The lake has tiny waves rippling its surface. Splendid, tranquil scenery lies before you and there is little movement, other than the rippling waves jostling the kayak. You float peacefully with your paddle across your lap. You lean over the side of the kayak to trail your hands through the water and suddenly you are tipping over!

Join Barbara Winckler, American Canoe Association certified kayak instructor, in a clinic presentation on the topic of kayak rescues at the Traverse City Senior Center, 801 E. Front Street, on Tuesday, August 1, 9:30 a.m.

Winckler will guide a discussion about what to do when paddlers tip over or fall out of the kayak. Participants will learn how to right their kayaks with a partner's help, empty them and get back in. At the conclusion of the presentation, participants will get into the water and tip their kayaks over, practicing the techniques Winckler just demonstrated. By practicing rescue skills, kayakers will be ready when real life situations call for them.

It is suggested you may want to bring nose plugs and wear proper clothing for being in the water – nylon and polyester material is recommended, no blue jeans or cotton attire. In addition, if you use a kayak skirt, bring it to learn how to release from it when capsizing.

The rescue clinic is free, but advance registration is required.

For more information and to register, email dmikowski@grandtraverse.org or call 231-922-4911.

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The Senior Center Network, part of the Grand Traverse County Parks and Recreation Department, offers diverse programs to older adults in Grand Traverse County. Thousands each year enjoy dozens of activities on a daily basis at locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Business hours are Monday through Friday, from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit www.grandtraverse.org/scn or our Facebook page.