

## **Senior Tour Tuesday**

### **Course Overview**

Join us for a relaxed and enjoyable kayaking experience designed specifically for seniors! During this session, our friendly instructor/guide will teach you the basic kayaking skills needed to feel confident on the water. After a short lesson, you'll enjoy a leisurely paddle, exploring the area at a comfortable pace. Perfect for seniors looking to try kayaking for the first time or those who want a low-key adventure. All equipment is provided. No prior experience is necessary.

**Length:** 2.5 hours

**Age:** 60 +

**Prerequisites:** none

### **Paddling Skills**

- Launching and landing
- Forward and reverse strokes
- Stopping

### **Knowledge**

- Kayak gear part names and function
- Paddling and safety equipment
- Injury prevention

### **What We Provide**

Participants will be provided with the following Transport Canada-required gear:

- Kayak
- Paddle
- Lifejacket with whistle
- Throw bag
- Bailing device

If you have your own life jacket, we recommend bringing it for a better fit and increased comfort.

### **What to Wear**

- Quick-dry clothing (avoid jeans or cotton); dress similarly to what you would wear for jogging or biking
- Appropriate clothing for weather conditions
- Water shoes or sandals that secure to your feet and provide traction on rocky beaches or boat ramps (flip-flops are not recommended)

### **What to Bring**

- A light jacket (for cooler weather)
- A hat
- Sunscreen
- A water bottle
- A change of clothes and warm hat (leave them in your car for after class)

### **Where to Meet**

**Location:** We will meet at Comox Valley Kayaks and launch from the boat ramp there.

Please arrive **10 to 15 minutes early** to allow time for parking and to complete a liability waiver.

### **Contact Information**

For further questions, please email: [lessonstours@comoxvalleykayaks.com](mailto:lessonstours@comoxvalleykayaks.com)  
For urgent inquiries, please call or text Viki @ (306) 230-4030 (text preferred).

We look forward to seeing you on the water!