

The Cincinnati Recreation Commission Presents

2009 Spring Kayak Schedule

Mondays 5:00-8:00

Week 1 Monday March 16 OTR Pool

Injury prevention for paddlers, basic paddle strokes, wet exit, intro to the roll, intro to the flat water downriver and play moves.

Week 2 Monday March 23 OTR Pool

Advanced paddle strokes, core body use, and more roll practice.

Week 3 Monday March 30 OTR Pool

Basic and advanced paddle strokes refinement, paddle stroke refinement, more roll practice.

Week 4 Monday April 6 OTR Pool

The flat water downriver and play moves, more roll practice, intro to advance rolls

Week 5 Monday April 13 OTR Pool

Adding Consistency to your flat water downriver and play moves. more roll practice and exploring advance rolls

Week 6 Monday April 20 OTR Pool

Slalom Gates More Play, Roll and Stroke Refinement

Week 7 Monday April 27 OTR Pool or

Personal Instruction

Week 8 Monday May 4 OTR Pool

Personal Instruction

Week 9 Monday May 11 OTR Pool

Personal Instruction

**For Any Questions Contact
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(513)681-8247**

CRC

2008-2009 Kayak Classes

Winter

Spring

Pre– Summer Intersession

Summer

Fall Intersession

Fall