

# June Kayaking Program for Golden Age Center



## **Introduction to Kayaking & Paddling**

**Introduction to Kayaking - Beginner Level or New to Paddling with the Golden Age Center** (\*if you have paddled with us before you do not need to take this class)

This program is designed for anyone new to paddling or new to paddling with the Golden Age Center. You will learn kayaking safety, basic paddle strokes, equipment adjustments and take an introductory paddle in the East River Marsh launch area in calm water and in the river current.

Through this class you will earn your Golden Age Center Introduction to Kayaking card. This will allow you to join on other kayaking excursions. Even if you have previous paddling experience but have not paddled with us before, taking this class allows us to evaluate your skills and run excursions more efficiently with more time on the water.

If you are unsure if you need to take this class, contact Jen.

**Location:** East River Marsh Kayak Launch

**Time:** TWO TIME FRAMES: 9:00 a.m. – 10:30 a.m.; 10:30 a.m. – 12NOON

Perfect for the BEGINNER PADDLER (someone who has had experience on the water with us OR kayaking before! We will be paddling against the current for a portion of the paddle.)

**Date:** Friday, June 20, 2025

**Max Seats:** 6 participants for EACH time frame

**To register:** Call the Golden Age Center at (716) 773-9682 to register.

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## **Woods Creek Paddle**

**Intermediate Paddling Ability** - This is a great program for anyone who is comfortable paddling in the Niagara River. We will start with a general safety briefing and then paddle along the shore through Woods Creek, through Buckhorn, out to East River. From here we will cross the river channel to the NYS DEC Grass Island Wildlife Management Area, drift along this area, then head back across the river to the East River. Throughout this paddle we will get a close look at the habitat restoration projects and have a chance to see birds and other wildlife up close.

**Location:** Woods Creek Paddle

**Time:** 8:30 a.m. – 11:00 a.m.

Perfect for the intermediate paddler (someone who has had experience on the water with us OR kayaking before!) We will be paddling against the current for a portion of the paddle.

Dress appropriately for the weather!

**Date:** Tuesday, June 17, 2025

**Max Seats:** 6 participants

**To register:** Call the Golden Age Center at (716) 773-9682 to register.

