



## SUMMER 2009 CLASSES

Sundays, June 7 & 14

Sundays, July 5 & 12

Sundays, August 2 & 9

Sundays, September 6 & 13

9:30 am check-in

Class from 10:00 am to 1:45 pm

**Location: Mother's Beach  
Marina del Rey Lagoon  
(Palawan Avenue & Admiralty Way)**



Public parking is available at the parking entrance on Admiralty Way, just West of Palawan, right next to the Jamaica Bay Inn. If you mention *Kayaks 4 Kidz™* to the parking attendant, parking should be \$1.00 per car, per the LA Board of Supervisors. Or you can park on Palawan Avenue across from Mother's Beach, parking is \$6.00.

The weekend classes can accommodate a maximum of 25 students [ages 8-17] per class. Students should: **Dress for the water—You Will Get Wet!** Bring **extra towels** and wear **rubber-soled shoes** (water shoes) to protect your feet in and out of the water and on the boat. (A selection of water shoes is available on site.) A **light jacket** is also suggested as it can sometimes be a bit chilly on the water.

## ***Kayaks 4 Kidz™***

*Kayaks 4 Kidz™* is a youth development non-profit program endeavoring to improve health and well being through participation in water (paddle) sports. We offer a fun, healthy and challenging physical fitness experience for youngsters and adults alike through learning the art of kayaking.



PRE-REGISTRATION  
REQUIRED

*~CLASSES ARE FREE~*



### **Each half-day camp will cover:**

- *Introduction to the fundamentals of sit-on-top kayaking*
- *Basic water and boating handling safety*
- *Rules of navigation and boating courtesy*
- *Paddling techniques and strokes*
- *Proper safety gear and capsizing recovery*

### **All equipment is provided by *Kayaks 4 Kidz***

- *A variety of ocean-rated kayaks with adjustable seats- designed for youthful boaters*
- *U.S. Coast Guard approved life jackets and paddles*

**Class Instructors** are U.S. Coast Guard certified water sports and boating safety instructors, master swimmers and on-the-water spotters.

***A parent or guardian must be present on site during the complete class - No Drop Offs -***



## OUR MISSION

The *Kayaks 4 Kidz*<sup>™</sup> mission is:

**To promote** healthier minds and bodies through physical exercise and help to prevent Juvenile Diabetes and Obesity.

**To develop** the cumulative benefits from sports participation such as self-esteem, leadership, increased physical strength, confidence, teambuilding skills and cooperation

**To create** a greater appreciation and respect for the environment in which we live and to accept our individual and collective responsibility to protect it!

*Kayaks 4 Kidz*<sup>™</sup> is a fun learning adventure designed for youth with little or no swimming or kayaking experience. We provide all watercraft, safety gear and accessories at no cost to participating students.

*Kayaks 4 Kidz*<sup>™</sup> is the brainchild of veteran "Water Dogs" Frankie Smith and Gay Brewer who have been active in water sports and boating for over 20 years.



### **Registration and Info contact:**

Frankie Smith/Gay Brewer, Directors

Tel/Fax: 323/298-2060

E-mail to: [nolimitspr@ca.rr.com](mailto:nolimitspr@ca.rr.com)

Mailing Address: 5722 Condon Ave.  
Los Angeles, CA 90056

Program Directors:  
Frankie Smith  
Gay Brewer:  
Lorraine Johnson

Registration is free, but a tax deductible donation of \$10 per child is appreciated to cover expenses. We also welcome volunteers to help with the set-up and tear down for each class.



[www.kayaks4kidz.com](http://www.kayaks4kidz.com)



**~ COME JOIN US ~**

**FOR FUN, ADVENTURE AND EXCITEMENT  
WHILE LEARNING THE ART OF KAYAKING  
AND ENJOYING THE BENEFITS OF  
HEALTHY OUTDOOR EXERCISE FOR THE  
WHOLE FAMILY!**



## **AN EXCITING OUTDOOR EXPERIENCE FOR ALL**

**Parents are encouraged to bring a blanket, refreshments, sit on the beach and share this exciting learning experience with their children.**

**A parent or guardian must be present during the complete class session.**

