

## Becoming an Outdoor Woman Program

# Beginning Kayaking Ladies Workshop

July 23, 2016 ■ Lake Wanahoo

*Anyone wanting to explore the sport of kayaking, we have the boat, paddle and lifejacket ready for you to learn how to kayak. This fun three hour workshop will cover basic skills, safety, how to get in your kayak, launching and docking, equipment and general kayaking knowledge.*



**Time:** Session 1: 8:30 – 11:30 a.m.  
Session 2: 12:30 - 3:30 p.m.

**Location:** Lake Wanahoo, Wahoo

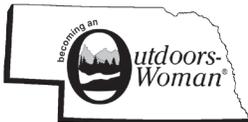
**Fee:** \$15/person  
Send check with registration form or pay with PayPal at [OutdoorNebraska.gov/BOW](http://OutdoorNebraska.gov/BOW)

**Age Requirement:** Must be 16 years or older.

**To Bring:**

- Sunscreen
- Hat and/or sunglasses
- Comfortable clothes (avoid cotton) and shoes that can get wet.
- State Park Permit

**Other:** Kayak and life jacket will be provided.



cut and mail

### Kayaking Registration Form:

NAME : \_\_\_\_\_

PHONE: \_\_\_\_\_

CELL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

I will bring my own kayak.

Additional information will be sent to registered participants.

#### Mail registration form and check to:

Nebraska Game and Parks Commission,  
2200 N. 33rd Street, Lincoln, NE 68503-0370  
call: Julia Plugge at 402-471-6009, cell: 402-417-3779  
or e-mail: [julia.plugge@nebraska.gov](mailto:julia.plugge@nebraska.gov)



### Registration form and fee are due by July 15.

Refunds will only be issued if event is canceled by instructors due to weather.

#### Session Preference:

- Morning Session ( 8:30 – 11:30 a.m. )
- Afternoon Session ( 11:30 - 3:30 p.m. )
- No preference

#### My Kayaking Experience:

- This will be my first time kayaking
- A couple times, but I need more experience
- I am a kayaker and attending for the fun

**Write checks to:**  
Nebraska Game and Parks Foundation

\_\_\_\_\_ participants X \$15/ea. = \$ \_\_\_\_\_

I paid by PayPal