



## Paddle in Nature Itinerary

**Dates:** August 4-6

**Time:** 9 am-3 pm

**Location:** Independence Grove

**What to wear:** Water shoes that cover the entire foot or have a heel strap - no flip-flops, slides or Crocs. Clothing that is appropriate for the weather and paddling, brimmed hat and sunglasses.

**What to bring:** Backpack to hold snacks, lunch, water bottle, change of clothes/swimwear, water shoes, towel, plastic bag for wet clothes, sunscreen. Optional: insect repellent

**Monday, August 4:** *Meet at the Funbrella (next to the Marina)*

*Kayak Basics and Aquatic Mammals*

An introduction to kayak terminology, equipment, and basic paddle strokes. After lunch, the focus will shift to aquatic mammals and exploring a beaver lodge from a kayak.

**Tuesday, August 5:** *Meet at the North Bay Pavilion*

*Canoeing Basics and Wetland Plants*

An introduction to canoe terminology, equipment, and basic paddle strokes. After lunch, the focus will shift to wetlands and the plants that can be found there.

**Wednesday, August 6:** *Meet at the Funbrella (next to the Marina)*

*Advanced Kayak Maneuvers, Wetland Birds and Stand-up Paddle Boarding (SUP)*

Learn to identify common wetland birds while expanding your kayak paddling skills. After lunch, work on advanced maneuvers and have the chance to try Stand-up Paddle boarding.

**Program Instructors:** April Vaos, [avaos@lcfpd.org](mailto:avaos@lcfpd.org), 847-276-5386  
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Please email [AskAnEducator@LCFPD.org](mailto:AskAnEducator@LCFPD.org) for general questions.

*\*Be sure to complete and return all forms at least one week prior to the start of the program.*

*\*Please note that some activities may be substituted or modified due to time constraints, site resources, participant interests, or inclement weather. In the event of prolonged inclement weather (excessive heat, high winds or thunderstorms and lightning) the day's session will be canceled.*

