

The Cincinnati Recreation Commission Presents

# 2008 Winter Kayak Schedule

Wednesdays 5:30-8:00

**Week 1** Monday Oct 13 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 Oct 20 OTR Pool

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

**Week 3** Monday Oct 27 OTR Pool

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

**Week 4** Monday Nov 3 OTR Pool

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

**Week 5** Monday Nov 10 OTR Pool

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

**Week 6** Monday Nov 17 OTR Pool

Slalom Gates More Play, Roll and Stroke Refinement

**Week 7** Monday Nov 24 OTR Pool or

Personal Instruction

**Week 8** Monday Dec 1 OTR Pool

Personal Instruction

**Week 9** Monday Dec 8 OTR Pool

Personal Instruction

**For Any Questions Contact  
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