

# Canoe Lessons



## Canoe Basics

Thursday, May 14  
Thursday, May 21  
Tuesday, June 16  
Thursday, July 9  
6:00 – 9:00 p.m.  
Gray's Lake Park

Saturday, August 22  
8:00 a.m. – 12 noon

\$10 registration fee



Come learn the basics of canoeing while exploring Gray's Lake. This lesson will make first-time canoeists feel at ease on the water. All equipment is provided. Participants 10-15 years of age need an adult that is at least 21 years of age or older to be their tandem partner. **Pre-registration required at least 48 hours in advance.** Contact DMPS Community Education office (242-8521; [www.dmced.org](http://www.dmced.org)) to register. *Choose one of the dates listed.*

## Advanced Canoe Basics

Thursday, May 28  
Thursday, June 18  
Thursday, July 16  
6:00 – 9:00 p.m.  
Gray's Lake Park

Saturday, August 29  
8:00 a.m. – 12 noon

\$10 registration fee

Requires previous basic canoeing instruction or equivalent experience. This course will briefly revisit the fundamentals of Canoe Basics, and then add more paddling strokes, as well as in-water rescue techniques. Canoes, lifejackets and paddles provided. Dress in swimsuits, shorts, or other clothing suitable for getting wet. Participants 10-15 years must be accompanied by an adult who is at least 21 years of age or older. **Pre-registration required at least 48 hours in advance.** Contact DMPS Community Education office (242-8521; [www.dmced.org](http://www.dmced.org)) to register. *Choose one of the dates listed.*

## Des Moines River Canoe Outing

Saturday, May 30  
Saturday, June 20  
Saturday, July 18  
Saturday, September 12  
8:00 a.m. – 12:00 noon  
Local Waterways

\$15 registration fee

Wouldn't you rather be on the water, than driving over it? Depending on water levels, this trip will be on one of several local rivers, like the Des Moines, Raccoon or Skunk. Requires knowledge of Canoe Basics instruction or equivalent experience. Canoes, lifejackets and paddles provided. **Pre-registration required at least 48 hours in advance.** Contact DMPS Community Education office (242-8521; [www.dmced.org](http://www.dmced.org)) to register. *Choose one or both dates listed.*

## Basic Whitewater Canoe Class (with Optional Trip to Minnesota)

Thursday, June 4 (Part A – Gray's Lake) \$10 registration fee  
Thursday, June 11 (Part B – Raccoon River) \$10 registration fee  
6:00 – 9:00 p.m.

June 12-13 Optional Trip to Minnesota (Kettle River) \$15 registration fee

Requires previous Advanced Canoe Basics or equivalent experience. This course briefly revisits basic and advanced canoeing instruction, and introduces basic whitewater strokes and skills. A trip to the Kettle River north of Minneapolis is an optional outing for class participants only. Trip participants leave on Friday afternoon/evening, self-arranged accommodations (camping or motel), and return Saturday evening. Canoes, lifejackets and paddles provided for both class and optional trip. Dress in swimsuits, shorts, or other clothing suitable for getting wet. Must be 21 years or older. **Pre-registration required by June 5.** Contact DMPS Community Education office (242-8521; [www.dmced.org](http://www.dmced.org)) to register.