



Summertime is paddle-time! Join us on the lake!

Introduction to Kayaking

Come out and give it a try! We offer paddling opportunities in a safe and supportive environment with various levels of support and adaptations as needed for individual success.

Single Kayaking Lesson

Saturday, August 10 (10:00 am - 12:00 pm)

Cost: \$45 per lesson

Location: Sunset Lake

Sunset Lake Spectacular

Come experience the enjoyment of kayaking in a safe and social atmosphere. For new or beginner kayakers wanting to learn or advance their kayaking skills. Kayaking games and activities are utilized to develop and enhance kayaking skills

Three-Day Session

Thursdays, July 11, 18, 25 *Make-up August 1 if needed*
(10:00 am - 12:00 pm or 12:30 - 2:30 pm)

Tuesdays, August 6, 13, 20 *Make-up August 27 if needed*
(10:00 am - 12:00 pm or 12:30 - 2:30 pm)

Cost: \$120 per three-day session

Location: Sunset Lake

Monadnock Waterway Adventures

These excursions are for kayakers who have developed basic kayaking knowledge and want to advance their skills.

Three-Day Session

Fridays, July 12, 19, 26 *Make-up August 2 if needed*
(10:00 am - 12:00 pm or 12:30 - 2:30 pm)

Wednesdays, August 7, 14, 21 *Make-up August 28 if needed*
(10:00 am - 12:00 pm or 12:30 - 2:30 pm)

Cost: \$150 per three-day session

Location: We travel to 3 different local lakes and waterways in the Monadnock Region

Contact Kristin Harris at cmars@crotchedmountain.org
or call 603-547-3311, ext. 1664.

Each Session Includes:

- All equipment: tandem kayaks, paddles and personal flotation devices.
- Instruction and facilitation of lesson in a structured, supportive and safe environment for up to two hours by certified therapeutic recreation specialists trained in kayaking skills and techniques.
- Accessible dock and transfer area. Assistance provided with transfer to enter and exit the kayak.
- Modifications and/or adaptations to equipment (seating, kayaks, paddles, etc.) for optimal success and safety
- Small group size (max six students) with 1 to 1 support
- Participants are asked to come with a support person, family member or friend to provide support during the lesson and in the tandem kayak.
- Lifeguard on duty during the lesson.

Payment Options

- Cash
- Credit Card (Call 603-547-3311, ext. 1664)
- Check - made payable to CMARS and send check to:

CMARS Registration
Crotched Mountain
1 Verney Drive, Greenfield, NH 03047

- Scholarships available

**Space is limited, so register today
and let's paddle together!**



CROTCHED MOUNTAIN
Accessible Recreation and Sports