



**The Wilmington Trail Club** has been in existence for over 75 years. Our members participate in a variety of outdoor activities such as paddling, hiking, biking and skiing. The Paddling Group has over 200 active paddlers from Delaware, New Jersey, Maryland, and Pennsylvania. If you want to learn how to kayak, the Wilmington Trail Club offers both whitewater and recreational instruction courses by certified American Canoe Association (ACA) instructors. All courses are registered and insured with the ACA. If you're already an accomplished paddler, we invite you to join us on any of our many paddling trips. We hope you'll come and join us on the water!

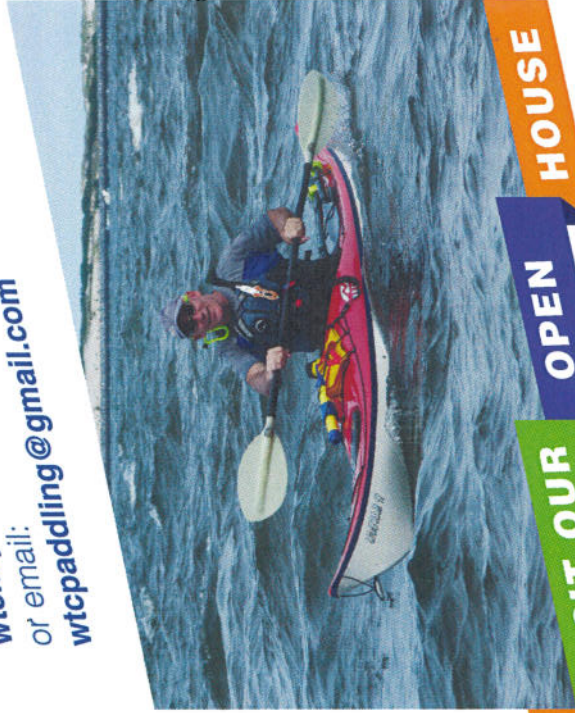
**VISIT OUR KAYAKING OPEN HOUSE**

The Wilmington Trail Club will present an overview of our club and the kayak instruction courses being offered this spring for both whitewater and recreational kayaking. You'll have the opportunity to meet with the instructors and other experienced paddlers. Come join us and learn more about each training program so you can choose the one that best fits your interest.

**Friday, April 7  
7-9 p.m.  
Ashland Nature Center**  
3511 Barley Mill Road • Hockessin, DE 19707

**SIGN UP NOW FOR 2017  
SPRING KAYAK TRAINING**

Visit: [wtckayak.com](http://wtckayak.com)  
or email: [wtpcaddling@gmail.com](mailto:wtpcaddling@gmail.com)



**VISIT OUR OPEN HOUSE**

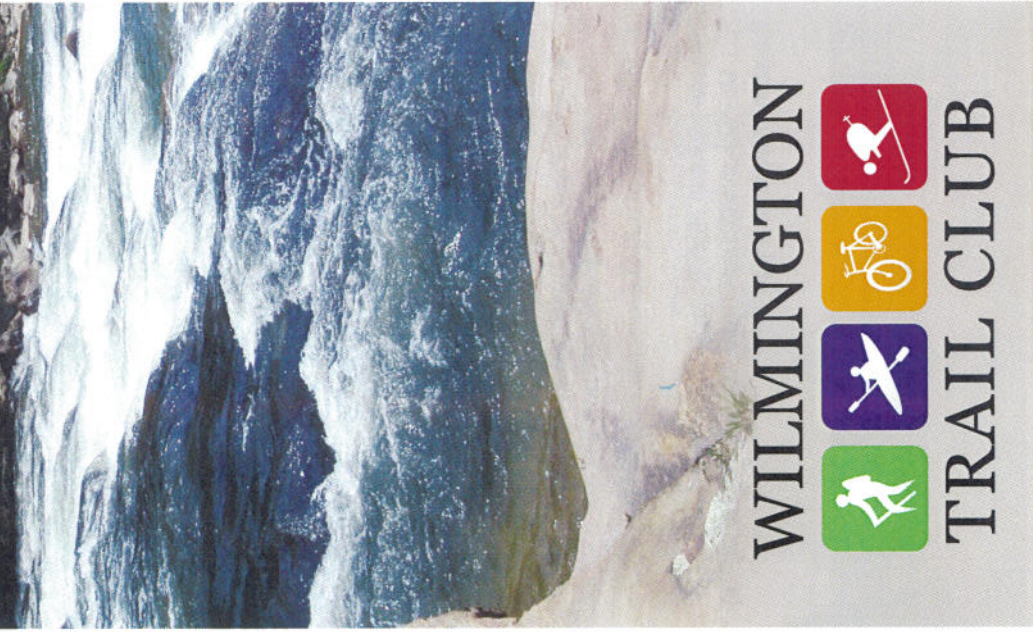
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**MORE INFORMATION**  
Visit [wtckayak.com](http://wtckayak.com)

- Whitewater and Recreational Paddling calendar
- Other Club activities: hiking, biking and skiing
- Wilmington Trail Club Membership

 [facebook.com/groups/wilmingtontrailclubpaddlers](https://facebook.com/groups/wilmingtontrailclubpaddlers)

# LEARN TO KAYAK

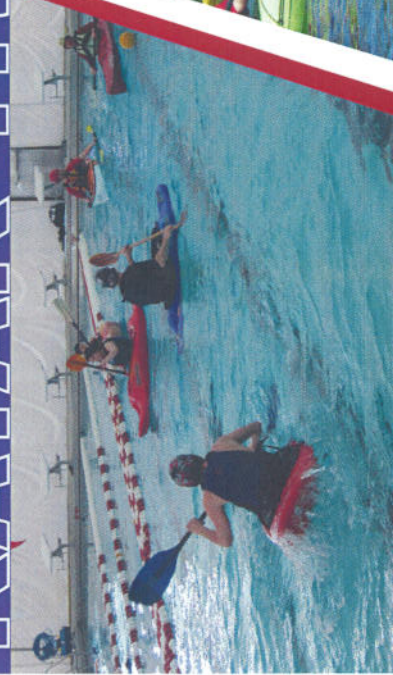


**WILMINGTON  
TRAIL CLUB**



2017

# KAYAK TRAINING PROGRAMS



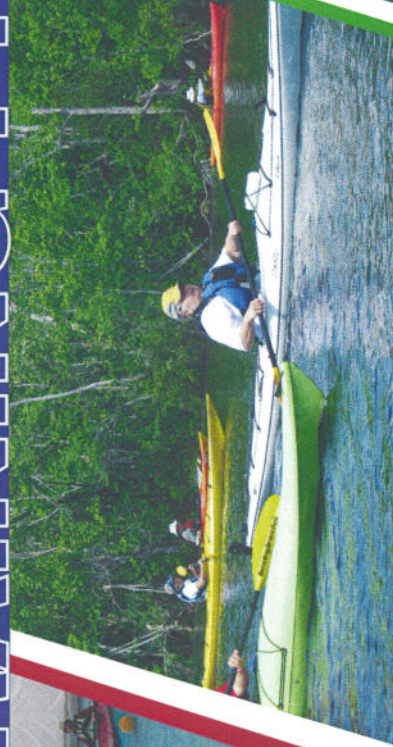
## Safety Session

Each student is required to attend the mandatory safety session on Tuesday, May 9 from 7-9 p.m. The session will consist of both a classroom portion followed by a pool session—so come prepared to get wet!

The classroom portion will focus on paddle sport introduction, training details, equipment and safety. Following this, each student will be required to successfully pass three skill sets in the pool:

1. Swimming Proficiency Test: must be able to swim one length of the pool using any stroke.
2. Wet Exit Test: learn how to easily and safely exit a kayak should it capsize. Each student will be required to demonstrate their own wet exit.
3. Proper use of a PFD (Personal Flotation Device).

Thomas McKean High School  
301 McKennan's Church Road, Wilmington, DE 19808  
Tuesday, May 9, 7-9 p.m.



## Recreational Kayak Training

The recreational/touring kayak training is a progression that takes the kayaker from paddling on a pond or lake, to paddling on gently moving water. All courses must be taken in order. Maximum class size: 28

### ESSENTIALS OF RIVER KAYAKING—DAY 1

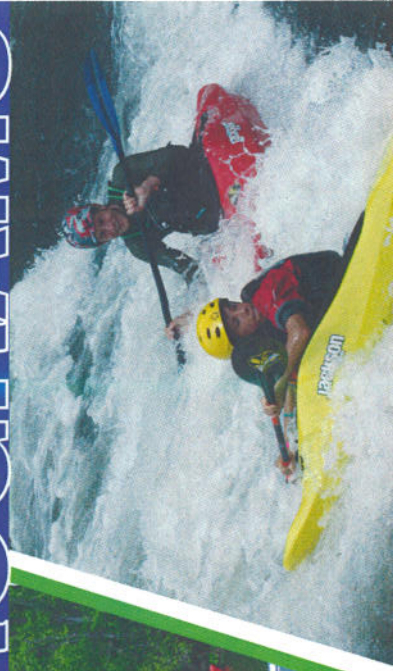
Saturday, May 20  
Lums Pond State Park

### ESSENTIALS OF RIVER KAYAKING—DAY 2

Sunday, May 21  
Brandywine River

#### WHERE WE PADDLE:

- Brandywine River
- NJ Pine Barrens
- Sassatras River
- Bohemia River



## Whitewater Kayak Training

The whitewater training program is a progression that takes the kayaker from paddling on still water, to moving water, to whitewater. All courses must be taken in order. All whitewater training is conducted on the Lehigh River. Maximum class size: 24

### WHITewater ESSENTIALS

Saturday & Sunday, June 3 & 4

### RIVER KAYAKING

Saturday & Sunday, June 24 & 25

### WHITewater KAYAKING

Saturday & Sunday, July 22 & 23

#### WHERE WE PADDLE:

- Lehigh River
- Muddy Creek
- Tohickon Creek
- Youghiogheny River

