



2014 Rowing & Paddling Programs

Lake Merritt Boating Center
568 Bellevue Ave.
Oakland, CA 94610
Phone (510) 238-2196
Fax (510) 238-7199
www.sailoakland.com

Kayak 101

Learn the basics of paddling in a safe flat-water environment. Lesson includes paddle strokes, launching/loading techniques, and PFD fittings. Included is a 1-hour guided paddle highlighting Lake Merritt's unique ecology & history. Single & double kayaks available.

No Experience Necessary.

Cost: \$20

Ages: 9 and up

Location:
Lake Merritt Boating Center

When: Saturdays 11am-12:30pm

<u>Activity #</u>	<u>Dates</u>
92907.181	6/6/2014
92907.182	7/12/2014
92907.183	8/2/2014
92907.283	9/6/2014**
92907.284	10/4/2014**

Open Houses & Events

National Safe Boating Week

Enjoy **Free Boat Rentals** on the Lake and learn about Boating Safety!
Saturday, May 17th
11am – 5 pm

Celebrate National Recreation and Parks Month

Enjoy **Free Boat Rentals** on the Lake and learn about Boating Safety!
Saturday, July 26th
1 pm – 3 pm

*Tentative. Call to confirm.

Adult Dragonboat Paddling

Join one of the oldest and fastest growing team sports. On-the-water coaching will teach you proper paddling technique. Local competitive racing opportunities are available.

Join the team for a **FREE** trial practice.
No Experience Necessary.

Cost: \$45/six-month season

Ages: 18 & up

Location:
Lake Merritt Boating Center

When:
Mondays 5:45-7:00pm (seasonal)
Wednesdays 5:45-7:00pm,
Saturdays 10:30am-12:00pm

Whaleboat Rowing

Learn to row the Lake Merritt Whaleboats! On the water coaching will teach you proper rowing technique while you have fun, challenge yourself physically and mentally, and experience the camaraderie that comes from a team working together to make the boat go.

Join the team for a **FREE** trial practice.
No Experience Necessary.


Cost: \$30/ 6-row punch card

Ages: 18 & up

Location:
Lake Merritt Boating Center

When: Saturdays 10:30am - 12pm

ADA Inclusion Statement: OPR is fully committed to compliance with the provisions of the Americans with Disabilities Act. Direct inquiries concerning accommodation at least 10 days prior to the OPR Inclusive Rec. Coordinator at (510) 615-5980 or smeans@oaklandnet.com. VRS callers dial (510) 615-5883.

 **TO REGISTER:** Come by the Lake Merritt Boating Center, or visit www.sailoakland.com and click on “Register Online” on the left side under the “Connect” section