



Recreational Kayaking The Essential Skills and Safety: Learn to Safely and Comfortably Enjoy Kayaking with World Champions Ken & Nicole Whiting

Ken Whiting

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Recreational Kayaking The Essential Skills and Safety: Learn to Safely and Comfortably Enjoy Kayaking with World Champions Ken & Nicole Whiting Ken Whiting

Recreational Kayaking provides new and developing paddlers with the skills and knowledge necessary to comfortably and safely enjoy kayaking. Whether your interest in kayaking stems from the desire to get outside and spend time with your friends and family or to explore the endless waterways that surround you, this DVD is a must-have for every kayaker.

You'll learn about:

- *Choosing equipment
- *Dressing for kayaking
- *Transporting a kayak
- *Caring for a kayak
- *Essential strokes and techniques
- *How to stay safe on the water
- *Kayaking activities
- *Paddling with kids
- *Handling a capsized
- *And much more...

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