

Youth Kayak Day Camps Two, Three and Five Day, (day) Clinics and our 5 Day Overnight Kayak Clinic

**We have lots of information on our website on this camp at:
http://boc123.com/Kayak/kids_kayak_camp.cfm**

Kayaking is a great sport to help youths grow up strong and healthy.

Kayak course just for youths

The Youth Kayak Camps are two, three or five-day programs that will progress through the basics of kayaking. These classes run from 9am to 3pm each day and youths return home at night. We have our Youth 5-Day Youth overnight kayak clinic. Please see below for the schedule format for this class. This clinic will cover the basic paddle strokes, bracing, self-rescue, Eskimo rescues, and the Eskimo roll. Once the basic strokes are learned we will play kayak games developed by our guides. The games are fun and improve paddling skills. Lunch will need to be brought to this class. Lunch will be followed by soccer, kickball, volleyball, and whatever other fun games we want to play before getting back in the water. All kayaking gear is included.

Our three and five day camps progress to the river once the two days on the lake portion is complete. On the river, the youths will learn how to control their boat in current and to maneuver from one part of the river to another. Maneuvers include: in and out of eddies, ferries across the river, surfing waves and negotiating a slalom course. We will encourage teamwork, respect for the river, and self-reliance. River safety, scouting, self-rescue, and reading whitewater will be practiced throughout the class. Your youths will learn how to respect the rivers and have fun at the same time.

What Rivers?

We have several options of rivers to paddle this summer. The rivers for the day camp trips include Boulder Creek in Boulder, Clear Creek in Golden, St. Vrain in Lyons and the South Platte River in Denver. Each of these rivers will be utilized depending on water levels. The meeting place each day will depend on which river we are running. The overnight camp includes transportation to Glenwood Canyon for kayaking on the Colorado River.

The Guides

The river guides are all ACA certified kayak instructors. They are trained in CPR, first aid and river rescue. The guides are experienced whitewater kayakers and love to spread knowledge on to others. We want to encourage young paddlers to lead the sport into the next generation.

Youth Kayak Day Camps: Lake class in Littleton, Colorado at Chatfield State Park and rivers along the Front Range

Map to [Chatfield State Park](#), meet at the gravel pond at Chatfield State Park. Enter through the main entrance to the park off of Wadsworth Blvd (\$6.00 per vehicle). Go right at the T-intersection. Follow the road south for about 1 mile. The road will turn to the left, and on the right you will see a body of water. This is the gravel pond. Take a right on the first dirt road and go 200 yards to the parking lot at the end. This is where you will be met by your instructor.

Novice Youth 2 Day Camps

[Jun 01 - Jun 03, 09](#)

[Jun 15 - Jun 17, 09](#)

[Jul 13 - Jul 15, 09](#)

[Jul 27 - Jul 29, 09](#)

Fee: \$200.00

Novice Youth 3 Day Camps

[Jun 01 - Jun 04, 09](#)

[Jun 15 - Jun 18, 09](#)

[Jul 13 - Jul 16, 09](#)

[Jul 27 - Jul 30, 09](#)

Fee: \$300.00

Novice Youth 5 Day Camps

[Jun 01 - Jun 06, 09](#)

[Jun 15 - Jun 20, 09](#)

[Jul 13 - Jul 18, 09](#)

[Jul 27 - Aug 01, 09](#)

Fee: \$425.00

Typical Schedule:

Day 1 - Intro to kayaking. Today we teach about boat design and all of the other equipment necessary for whitewater kayaking. We teach and practice flat water paddling techniques (forward, sweep and correction strokes), the wet exit, hip snaps, T-rescues, bracing and an intro to the roll.

Day 2 - We work some more on rolling technique in the morning, then move to the river in the afternoon to get a feel for moving water and how a boat handles in it. This is all done in a close and controlled environment, working on small sections of water with close supervision.

Day 3 - We spend a full day on the river today, learning ferrying, eddy turns, and basic safety skills for moving water. This is our first big day on the river! Not only do we teach kayaking, but we also teach students about the natural environment in which the rivers flow, teaching respect for all other people and animals out there enjoying the river with us.

Day 4 - We put the individual techniques learned over the past 3 days together to learn how to navigate basic rapids (class I-II) while moving down river. More advanced safety techniques are also taught.

Day 5 - Now that we've learned the basics of moving down river in a kayak, we spend today having fun! We do more river running in rapids, with a focus on learning to play in the rapids as we down river, including an introduction to play moves. This is usually at a local whitewater park, and parents are encouraged to attend to see how their children have progressed during the week.

*The 2-day camp covers days 1-2, 3-day covers days 1-3, etc. (hint: the 5-day camp is the best value!).

Bring your own lunch, water, sunscreen, clothing, etc.

Ages:

10-17 years old

5 Day Intermediate Youth Paddling Camp (2 Days Denver Rivers and 3 Days Colorado River)

This is for those kids who already have some proficiency and experience with whitewater kayaking. A prerequisite is our 5 Day Beginner Youth Kayaking Camp or equivalent. We spend the first day doing a refresher on rolling technique and determining the group's paddling ability, then we spend the remainder of the time running rivers improving kayaking skills, surfing, and river safety skills.

All kayaking equipment is included.

Ages: 14-18

[Jun 29 - Jul 04, 09](#)

Fee: \$525.00



Youth River Class

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