

WASHINGTON PARKS & RECREATION

PO Box 383 Washington Depot, CT 06794 860-868-1519

Litchfield County Paddler

Adult Stand-up Paddleboard Camp

August 13- August 17 2018

1pm-4pm **Arrive at 12:45pm**

Washington Town Beach

Students will be taught a week long progressive program on Stand-up Paddle Boarding following the American Canoe Association's SUP Level 1 Curriculum.

In a fun and safe manner we will teach many different stances, paddle strokes, paddle draws, paddle bracing, turns, and more!

We will also be introducing SUP Ball, SUP Yoga, and SUP Racing as well as teaching an introduction to safety on the water, "Know before you go!" including the 4Ws: Wind, Water, Waves, and Weather.

****MUST** be able to swim and are comfortable on the water******

Cost: \$140 per student

MUST REGISTER BEFORE August 2nd 2018. Late Fee of \$25.00

Name _____

ADDRESS _____ TOWN _____ ZIP _____ PHONE _____

EMAIL _____ @ _____

*****EMERGENCY CONTACT:**

_____ Phone# _____

ANY MEDICAL PROBLEMS _____

I hereby agree to participate in this activity. In addition to giving full consent for participation, I do hereby waive, release and hold harmless Litchfield County Paddler, LLC, its officers, sponsors, partners, supervisors and representatives for any injury that may be suffered in the normal course of participation in the activities incidental thereto, whether the result of negligence or any other cause. I grant permission for to receive emergency medical treatment. **I will hold harmless the Town of Washington, the Parks & Recreation Commission and any of its agents, directors, employees and supervisors for any responsibility or liability for any injuries or property damage, which may arise from my participation in this program. I also understand that in the event of an injury, my own personal medical insurance will be used.** Unless indicated hereafter, the Washington Parks & Recreation Commission may use photographs including the above-named participants for promotional purposes and may use our email for program purposes. NO ____

SIGNATURE OF PARENT OR GUARDIAN _____

Adult SUP Camp 2018