

Kayak and SCUBA Registration Form

Kayak _____ SCUBA _____

Course Dates _____

Pre-registration is required.

Participant Name _____

D.O.B. _____

Age _____ Male _____ Female _____

Height _____ Weight _____

Email _____

Address _____

City _____

State _____ Zip _____

Phone _____

Emergency Contact _____

Emergency # _____

Medical Conditions / Special Needs: _____

I hereby, for myself, my heirs, executors, and administrators, waive and release any and all claims and damages I may have against the YMCA of Western North Carolina and their respective agents, representatives, successor, and assigns, for any and all injuries which may be suffered by me or my family in connection with participation in YMCA activities and programs. I also grant full permission to the YMCA to use any photographs or video recordings taken of me or my family. I agree to comply with YMCA policies and procedures and understand that my participation can be terminated without refund for exhibiting inappropriate behavior or abuse toward the YMCA staff and/or facilities.

Signature _____

Today's Date _____



Kayaking

Two Day Courses
Offered On Tuesdays
7:00pm—9:30pm
Fee: Members—\$65.00
Non-Members—\$80.00

December 1 & 8
December 15 & 22
January 5 & 12
January 19 & 26
February 2 & 9
February 16 & 23
Dates Through May...

Thank you to the
Nantahala Outdoor Center
for providing our
kayaking equipment.



Thank you to
CYGNUS SCUBA
for providing our
diving equipment.

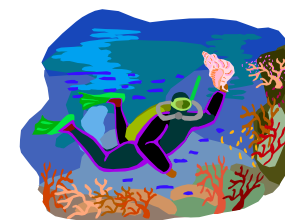
SCUBA

One Day Activity
Offered On Saturdays
11:00-12:30pm
Fee: Members—\$25.00
Non-Members—\$35.00

December 12
January 9
February 20
March 20
April 24
May 15

Kayak and SCUBA

**At The
Reuter Family
YMCA**



Reuter Family YMCA
3 Town Square Blvd.
Asheville, NC 28803
828-651-9622

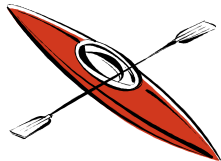
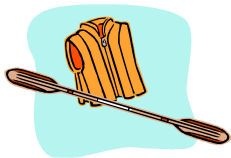
Questions? Contact Jill Mallin at
jmallin@ymcawnc.org

Learn To Paddle

This 5 hour course offers the novice kayaker the opportunity to become comfortable in the water. Sign up today and learn everything you need to know for a safe trip afloat - basic strokes, wet exits, and rolls.

This course is perfect for anyone that has never been in a kayak or canoe or has paddled in a kayak or canoe only a few times.

Recommended for ages 16 and older.



What Is Provided

The Nantahala Outdoor Center provides all the equipment you will need for the course -the kayak, paddle, helmet, Personal Floatation Device (PFD), and spray skirt for each participant.

What To Bring

Bring a towel and swimsuit. Also, be ready to make quick decisions when you roll through the water.

Cancellations

Should the YMCA cancel a Kayaking Course, either a refund will be issued or you may choose to participate in the next course offered. Should you miss part or all of the course due to your own scheduling conflicts, no refunds will be given.

Our Kayak Instructors

Chris Erdahl started our kayaking program here, has instructed at the N.O.C. and is currently an engineer for Dagger.

Last year we added **Ken Holiday** to the roster. He's a well known snow ski and kayak instructor who's methodical and an out of the box thinker. His unique teaching theories are calculated but flexible, and adapt to all skill levels easily.

This year we've added one of Daggers pro paddlers **Corey Volt**. Another close personal friend, he boasts win after win, instruction with one of Canada's premier paddling schools, and fiery red hair.

Paddling Experience

Please list any previous experiences:

What are your goals:

What is your biggest fear in paddling? _____

Approximately how many times have you paddled a kayak? _____

A canoe? _____

Check next to which best describes your current attitude about paddling:

- _____ Tentative
_____ Comfortable
_____ Enthusiastic/Aggressive

Learn To Dive

This is a great chance to learn about assembling, using and disassembling scuba equipment. Scuba dive in a pool up to 9 feet deep and play underwater games. Also, learn skills that can apply to future SCUBA courses.

This is not a certification event.

Recommended for ages 12 and older, but 10 and 11 year olds may participate with a parent.



What Is Provided

Cygnus SCUBA provides the tank, mask, and all equipment needed to experience diving underwater.

What To Bring

Bring a towel and swimsuit. Also bring a great attitude!