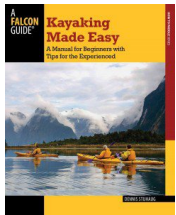


Tailored Skills

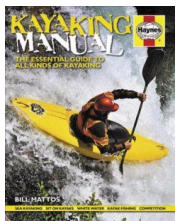


Learn: How to Kayak

Books and Materials

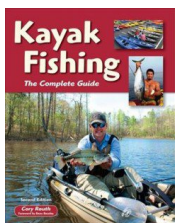


Kayaking made easy : a manual for beginners with tips for the experienced
by Dennis O. Stuhaug
Updated to reflect all the latest gear and techniques, and now with full color photos, this guide is the perfect step-by-step handbook for beginners, with sage advice on every aspect of flat-water and sea kayaking, from selecting a boat to kayak camping.



Kayaking Manual : The Essential Guide to All Kinds of Kayaking
by Bill Mattos
Kayaking is now one of the fastest growing adventure sports worldwide. It is an eco-friendly way to exercise,

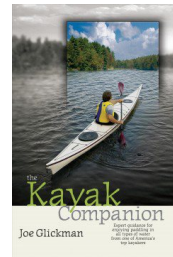
while getting away from it all and connecting physically, mentally and spiritually with nature. This book is written by Bill Mattos, who has a wealth of experience of all forms of paddlesport and is an acknowledged expert kayaker in his own right.



Kayak Fishing
by Cory Routh
This guide gives you a quick, clear understanding of the essential information you'll need to get started in the growing sport of kayak fishing. Routh covers everything including choosing the right kayak for fishing,

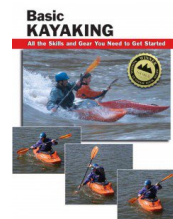
kayak safety, basic paddle strokes, choosing the right fishing gear, tides and currents, finding fish, and more.

Online Library Resources



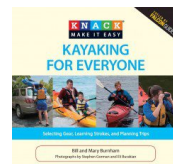
The kayak companion [electronic resource] : expert guidance for enjoying paddling in all types of water from one of America's top kayakers
by Joe Glickman

Covers both basic and advanced kayaking techniques that address such topics as navigating in different kinds of water and weather, in a guide complemented by stories about the author's own experiences.



Basic kayaking [electronic resource] : all the skills and gear you need to get started
by Jon Rounds

A fully illustrated introduction to river kayaking with a full-color gear guide plus chapters on river safety and reading the water. Step-by-step instruction on essential techniques, including all major strokes and rolls.



Kayaking for everyone [electronic resource] : selecting gear, learning strokes, and planning trips
by Bill Burnham

The first chapters comprise an idea-packed buying guide to kayak design, kayak features, accessories, and gear. It then presents step-by-step information on transporting, launching and landing, basic and advanced strokes, techniques, navigation, rescues, and expedition planning. In addition, it fully explores recreational (flatwater) kayaking, whitewater kayaking, and sea kayaking.

Your learning made to fit.



Tailored Skills



Learn: How to Kayak

Online Resources

Intro to Kayaking - REI.com

Never kayaked before? It's easy to get started. This series of articles will get you acquainted with your boat, teach you how to launch and land, provide instruction on basic strokes, and includes a gear checklist.

Kayak Buying Guides - REI.com

Looking to purchase a kayak, paddles or gear? These buying guides can help you choose.

How to Paddle a Kayak in a Straight Line

This video from paddling.com offers tips on how to paddle in a straight line. *Please note that the video may contain ads and their content does not reflect the views of the Metropolitan Library System.*

Basic Kayak Strokes

This video from paddling.com covers the three basic strokes to go forward, stop or go backwards and turn. *Please note that the video may contain ads and their content does not reflect the views of the Metropolitan Library System.*

What Happens if I Flip?

Flipping is always a possibility when kayaking. This video from paddling.com covers methods for re-entering a sit-on-top and a sit-in kayak. *Please note that the video may contain ads and their content does not reflect the views of the Metropolitan Library System.*



Community Resources

Riversport OKC - Flatwater Kayaking

OKC RIVERSPORT offers great kayaking experiences in Oklahoma City for both youth and adults. With RIVERSPORT you'll have access to some of the best water in the OKC metro including downtown on the Oklahoma River, at Lake Overholser, and at Lake Hefner.

Kayaking is included in your day or season pass, or you can rent a kayak by the hour. Kayaks are available in the Boathouse District at the RIVERSPORT Adventure Park, at the Lake Overholser Boathouse, and at Hobie Point at Lake Hefner.

Whether you're new to the sport or an experienced paddler, you'll find lessons, programs and paddle experiences at all three locations to get you involved!

Please note there is a fee involved.

Riversport OKC - Whitewater Kayaking

If you're already a whitewater kayaker, we can get you on the water. If you've always wanted to be a whitewater kayaker, we can teach you the skills needed to go down our Class II-IV rapids.

Experienced whitewater kayakers with their own gear can purchase a whitewater kayaking pass for a full day on the rapids. Our whitewater staff will do a quick review of your skills before you get on the water to be sure everyone stays safe.

New to the sport? Discover Whitewater Kayaking is a great introduction to the sport in a small group setting. We also offer group roll lessons to learn that all-important skill and private lessons are available.

Please note there is a fee involved.