

Paddle Sports Adventure Family Outing

Embark on your adventure by choosing your preferred paddle craft (Kayak or Paddle Board). Learn proper technique for paddling and practice 4 different strokes and play fun on-the-water games with our instructors. Learn parts of the boat and paddle. Distance paddle to a local beach and potentially switch boats half-way with a friend to try both paddle crafts during your outing.

NSB Contacts & General Info:

For the day of the activity **only**, if you have questions or are running late etc., please call the guest services phone at **714-856-1420**.

- Registration/General Questions: outdoor@ocbsa.org
- Website: <u>www.newportseabase.org</u>
- Office Phone: (714) 923-3191
- Address: 1931 West Coast Highway, Newport Beach, CA 92663

General Recommendations:

- Clothing line up: swimsuit and layered clothing. It can be chilly in the morning so a T-shirt and or sweatshirt to start is good!
- Towel
- Sunscreen
- Drinking water,
- Closed-toed shoes (water shoes or old tennis shoes that can get wet!)
- Hat

Thanks again for your participation at the Newport Sea Base.
Have a FUN time on the water!