



## What is Kayaking?

A kayak is a low-sided craft with a fully covered deck in which the paddler enters into and is seated in the cockpit. A double-bladed paddle is used in kayaking.

### Sea kayaks

Frequently erroneously termed a canoe, sea kayaks descend directly from the typical Eskimo crafts. Sea kayaks are fast and stable and are used for sea journeys in numerous circumstances: from leisurely paddling along the coast, to nautical camps and more demanding raids.

### Who are courses for ?

For all swimmers, whatever their age.

Sea kayaking is an aerobic sport that does not require intensive physical activity and is therefore suited to all age groups and physical conditions.

The beautiful sea and coasts throughout the island afford a wealth of possibilities for excursions at the end of all courses. Tutoring complies with international standards and is extremely efficient and specifically planned to obtain maximum results over a short period.

You are advised to bring the following: several changes of leisure wear, tracksuit and trainers; towel or towelling robe, sunhat and sunglasses. Your swimming proficiency will be verified.