

# Summer Boating Programs 2020

Lake Johnson Park: Waterfront Program Center



## Fundamentals Programs

These classes will introduce the basics of kayaking and stand-up paddle boarding in a calm setting and at a relaxed pace. Participants will learn the parts of each watercraft, paddling strokes and techniques, maneuverability, and self-rescue techniques. All equipment is provided.



## Evening Tours

Explore Lake Johnson in a stand-up paddleboard, canoe, or kayak with an experienced guide and naturalist. Participants will learn about the wildlife, history, and natural features of the lake. Tours provide opportunities to see wildlife such as wading birds, many types of turtles, bald eagles, and osprey. Participants will even get to stay out a bit later than normal, so they can be on the water as the sun is setting. With a brief paddling lesson at the beginning this program is great for beginner and experienced paddlers alike! All equipment is provided, but feel free to bring your own (binoculars recommended).

## Fundamentals of Stand-up Paddle Boarding

Ages: 12+	Resident: \$35 / Non-Resident: \$50		
#253345	Jun 2	Tu	6-8 PM
#253346	Jun 24	W	6-8 PM
#253347	Jul 7	Tu	6-8 PM
#253348	Jul 29	W	6-8 PM
#253349	Aug 4	Tu	6-8 PM

## Fundamentals of Kayaking

Ages: 12+	Resident: \$25 / Non-Resident: \$40		
#253300	Jun 3	W	6-8 PM
#253301	Jun 23	Tu	6-8 PM
#253002	Jul 28	Tu	6-8 PM
#253303	Aug 6	Th	6-8 PM

## Evening SUP Tour

Ages: 12+	Resident: \$30 / Non-Resident: \$45		
#253365	Jun 4	Th	6-8 PM
#253366	Jul 2	Th	6-8 PM

## Evening Canoe Tour

Ages: 10+	Resident: \$20/ Non-resident \$35		
#253402	Jun 9	Tu	6-8 PM
#253403	Jul 18	Tu	6-8 PM

## Evening Kayak Tour

Ages: 12+	Resident: \$20/ Non-Resident: \$35		
#253373	Jun 25	Th	6-8 PM
#253374	Jul 9	Th	6-8 PM

**Advance registration is required for all boating programs. All participants under the age of 16 must be registered with an adult.**

**Register online at: [reclink.raleighnc.gov](https://reclink.raleighnc.gov)**

PARKS, RECREATION  
AND CULTURAL  
RESOURCES

Lake Johnson Park  
Waterfront Program Center  
4601 Avent Ferry Road  
Raleigh, NC 27606  
919.233.2121

# Summer Boating Programs 2020

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## Fundamentals of Sailing

Ages: 16+ Spend a day at the lake learning to sail a Sunfish sailboat. This course is perfect for beginners. Instruction includes: terminology, basic sailing theory and practice, rigging, and safety procedures. No previous sailing experience required. Be prepared to get wet. Please bring a lunch and wear closed toed shoes.

Resident: \$75 / Non-Resident \$90

#253408	Jun 7	Su	10 AM-4 PM
#253409	Jun 28	Su	10 AM-4 PM
#253410	Jul 12	Su	10 AM-4 PM
#253411	Jul 26	Su	10 AM-4 PM
#253412	Aug 9	Su	10 AM-4 PM

## Stand-up Paddle Board Yoga

Ages: 16+ SUP Yoga courses will take students through a vinyasa style yoga sequence with some added strength training, play time, and a gentle cool down. Yoga and/or SUP experience required. Instructor: Angel Bailey \$15

#254781	Jun 8	M	6:30-7:45 PM
#254782	Jun 22	M	6:30-7:45 PM
#254783	Jul 13	M	6:30-7:45 PM
#254784	Jul 27	M	6:30-7:45 PM
#254785	Aug 10	M	6:30-7:45 PM
#254786	Aug 24	M	6:30-7:45 PM



## Intro to Sailing

Ages: 12+ In this course participants will learn the basics of sailing a Sunfish sailboat. This course is perfect for beginners and a great refresher for those who have experience but are feeling a bit rusty. All participants will be sailing in tandem so feel free to register with a friend! All participants must be registered. Adult(s) must accompany child(ren) under 16, register, and pay the program fee. Be prepared to get wet and wear closed toed shoes.

Resident: \$35 / Non-Resident: \$50

#254007	Jun 15	M	5:30-7:30 PM
#254008	Jun 16	M	5:30-7:30 PM
#254009	Jul 20	M	5:30-7:30 PM
#254010	Jul 21	M	5:30-7:30 PM
#254011	Aug 3	M	5:30-7:30 PM

## Wondrous Water: Kids Kayaking

Ages: 10 - 13 yrs. This program is as much about science as it is paddling. As a group we will explore what makes water able to sustain life and paddle to the headwaters to get a hands-on look at life in the lake. Be prepared to get wet and dirty. No paddling experience needed. Parent(s)/guardian(s) are not required to accompany child(ren). This program is designed to give parent(s)/guardian(s) time to enjoy the park while child(ren) enjoy the program. \$8

#253405	Jun 10	W	6-8PM
#253406	Jul 15	W	6-8 PM
#253407	Aug 5	W	6-8 PM



## Guided Sailing

Ages: 12+ This is a program for those with experience sailing but still need some guidance and practice. Sail around the lake with an instructor close at hand. This program is great for someone brushing up on their skills. Intro to Sailing, Fundamentals of Sailing, or equivalent experience required as a pre-requisite. Adult(s) must accompany child(ren) under 16, register, and pay the program fee.

Resident: \$35 / Non-Resident: \$50

#254004	Jun 17	W	5:30-7:30 PM
#254005	Jul 22	W	5:30-7:30 PM

## Guided Night Paddle

Ages: 12+ Explore Lake Johnson by kayak after hours with an experienced guide and naturalist. Participants will learn about the wonderful wildlife that comes out at night. Look for beavers, owls, bats and more all while enjoying beautiful views of the moon on the water. Be prepared to get wet. All equipment is provided, participants will be using double kayaks so feel free register with a friend! All participants must be registered. Participants under the age of 16 must be registered with an adult.

Resident: \$20/ Non-Resident: \$35

#253414	Jun 19	F	8:30-10:30 PM
#253415	Jul 17	F	8:30-10:30 PM

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