

Kayaking

Description:

Kayaking is a versatile outdoor recreational activity that encourages physical fitness, nature exploration, and adventure. Experience the adventure and beauty of kayaking through the waters of Alamitos Bay and the Naples Canals. Explore nature while improving trunk control and upper body strength and endurance. Single and Double Kayaks are available.

Expected Group Outcomes:

- Develop team work skills
- Develops navigation skills
- Increase overall strength and endurance

Participant Criteria:

- Must be a Rancho Wellness member
- Must be able to provide their own transportation to the location
- Must be independent with self-care
- Must be able to perform transfers independently, with supervision, or with minimal caregiver assistance

Group Size:

Maximum of 10 participants

Cost Per Participant:

Individual Rates- \$10/Hour

Activity Waivers/Paperwork required (if applicable):

- Rancho Wellness Program Waiver
- Rancho Waiver of Liability
- Long Beach Kayak Liability Waiver

Frequency per Month:

Occurring 1-2 times per month

Contact Info:

Long Beach Kayak Rentals

5411 E. Ocean Blvd.

Long Beach, CA 90803

(562)434-0999

www.kayakrentals.net

Kayaking Pictures

