



## Adaptive Paddling Workshop

September 22 & 23, 2018  
Saturday and Sunday  
at Bay Cliff Health Camp  
in Big Bay, Michigan

Are you interested in learning to canoe or kayak? Water is the ultimate equalizer!

On September 22 & 23, American Canoe Association (ACA) instructors will be offering an adaptive paddling workshop in cooperation with Bay Cliff Health Camp as the sponsor and co-presenter.

This is an opportunity for individuals who have mobility impairments to receive free instruction in canoeing & kayaking from expert instructors. You will learn how to compensate for function lost due to your disability, how to adapt the boat and paddle to best suit your needs and you will complete the Introduction to Paddling Course.

This course includes paddling instruction in a pool session and paddling on calm water with the instructors. Attendance both days is necessary. The cost is free to student participants (adults with disabilities). Room & board can be provided at no charge, if you wish to stay at Bay Cliff. Bay Cliff does not provide personal care assistance. **If you need the services of a personal care assistant (PCA) at home, you must provide a PCA for the duration of the workshop in order to participate.** (Please realize that any environment away from home may compromise your independence.) Your PCA may stay at camp with no charge for room & board.

This course has been taught around the country since 1990, and the course has been taught in the Marquette area since 1998. The lead ACA instructors are Nancy Uschold and Sam Crowley from Marquette, MI.

Pre-registration is required for this course; there is no charge.

Space is limited! Please call **Karen Schlicher** at **(906) 345-9314** or **Nancy Uschold** at **(906) 273-1075** for more information on how to register for the workshop.