



Flatwater and Whitewater Kayaking

Ratings are a general guide only. It is your responsibility to be prepared for any conditions that may arise (cold weather, rain, etc). Most programs consist of a two hour evening lecture and a full day trip on the water.

Level 1

These classes are intended to get your feet wet and teach the basics of the sport. Most time will be spent on the fundamentals and theories.

Level 2

This next step will help you become more comfortable in a kayak. We will increase our knowledge and focus more on advanced techniques.

Level 3

We will break the barriers and head out onto the whitewater or take that longer touring trip. Participants must have taken a Level 1 or Level 2 class with the Monmouth County Park System.

Decisions made by Park System staff in the interest of safety are final.

