

# 2023 ANTRIM 4-H KAYAKING DAYS Tuesday, Aug. 15

**Free to New and Existing 4-H Members from 11-19 Years\*  
courtesy of a Paddle Antrim Ripple Effect Mini-Grant**

\* - Participant age is determined by the youth's age as of January 1, 2023.



**Explore, Learn, and Have Fun on the Lake this Summer!**

For assistance, please email [charleb7@msu.edu](mailto:charleb7@msu.edu) or call the Antrim MSU Extension office at 231-533-8818.

Presented by:



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**Overview:**

**Life jackets are required to be worn at all times.**

**Youth participants will paddle from Bellaire to Intermediate Lake and back, swim on the natural sandbar, and visit "the island."**

**Goal:**

**Youth participants will learn water safety, paddle techniques, navigation, and receive an introduction to stewardship.**

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