



**HIGH ADVENTURE TRAINING—AWARENESS COURSE**  
**WATER TREK LEADER TRAINING**



**INDOOR SESSION 13 MAY 2005**  
 6:30PM TO 9:30 PM @  
Instructor Carol Hopping's Home  
 2332 8th Street, La Verne

**BRING:** Pen & Paper , Swimsuit & Towel. **SWIM CHECK WILL BE DONE.**

**COURSE WILL COVER:**

Trip Planning, Water First Aid , What to Take, Clothes and foot wear, How to Pack a Canoe, Food Planning, Places to go Canoeing, Safety afloat & Safe Swim Cards.

**OUTDOOR SESSION 15th MAY 2005**  
 8:00 AM TO 5:00 PM @  
**TRASK SCOUT RESERVATION**

For Information Call:  
 Carol Hopping  
 909-596-5122

E-mail: carolhop@juno.com

**BRING :** Towel , hat, Sun Screen, Drinking Water, A Dry Set of Clothes.

**WEAR :** Clothes and shoes that can get Wet.

**COURSE WILL COVER:**

Boarding a canoe, Paddling Techniques, Turns and stops, Changing places, swamp and empty a Canoe. Maneuvering a Canoe, Skills And Tips To Have A Safe And Fun Water—Based Outdoor Program.

**WATER TREK LEADER TRAINING: ACCOUNT # 940**

**NAME:** \_\_\_\_\_ **POSITION:** \_\_\_\_\_

**STREET:** \_\_\_\_\_ **CREW, PACK, TROOP #:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_ **DISTRICT:** \_\_\_\_\_

**PHONE:** ( H ) \_\_\_\_\_ ( W ) \_\_\_\_\_

**Early Registration, before MAY, 01, Fee will be \$25, After fee will be \$30**

Send this registration form and a check to:

**SAN GABRIEL VALLEY COUNCIL - HIGH ADVENTURE TRAINING**

3450 SIERRA MADRE BLVD., PASADENA, CA. 91107

**H.A.T. WEB PAGE:** <http://www.geocities.com/sgvhat>