



Kayak Clinic

Kayaking is a low impact activity that can improve aerobic fitness, strength and flexibility. Specific health benefits include: improved cardiovascular fitness, increased muscle strength, and stress reduction.

The City of Corning's Parks & Recreation Department provides a Kayak Clinic for people ages 12 and older. This program offers an opportunity to try kayaking in very stable sport boats. Participants learn the basic paddle strokes, paddling safety and see why kayaking is popular.

Paddling takes place on a 1-mile flat water section of the Chemung River in Big Flats. Participants get to experience the beauty of the Chemung River and various birds and wildlife along the way. On occasion, participants may even see a bald eagle.