

## Introductory Kayak Course

11 October 2022: The first lesson of the introductory kayak course was offered to senior grade students. The course aims to enhance students' physical fitness and to encourage them to challenge themselves. The lesson took place at the Stanley Outdoor Activities Centre. Students learned the fundamentals of proper strokes and paddling techniques, and practiced their new skills in the beautiful sea at St. Stephen's Beach. It was a rewarding and memorable learning experience for the students.

