



# **KAYAK COLLEGE**

## **Basic to Advanced Skills**

Kayak College is a comprehensive program to take the beginner from the first days of kayaking to Advanced Rough Water and Rolling competency in a fun and safe environment.

Through a course of 8 classes and 20 available coaching sessions, a student receives instruction and feedback to achieve specific goals.

The classes will be monthly for seven consecutive months with Level I thru III and offered several times through the season. Rolling, Blending Strokes and Video Stroke Analysis will be offered throughout the year. The coaching sessions will be on Wednesday evenings from 5:00pm to 8:00pm. The coaching sessions are the key to your success providing feedback on your progress between classes. Students may progress to a level of their own choosing and set their own pace. At each level students may assess for American Canoe Association Skill Certifications level I-III.

Experienced kayakers will begin at appropriate level after assessment with instructor.

214-629-4794

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## Itinerary

All classes will follow American Canoe Association standards and will give students who wish to assess a appropriate level certification upon passing (certification requires ACA membership). You will note that assessment occurs during the next class in succession to give students time to hone skills from the previous class. There is no additional charge for this assessment.

### **Level I: Introduction to Kayaking**

This all day class will take paddlers through a process of understanding safe kayaking. Students may use their own boats or we can provide equipment. Below are subjects covered but not limited to:

1. Paddling concepts
2. Kayak types
3. Paddle types
4. Loading and carrying kayaks safely
5. Basic gear
6. How to enter and exit the boat
7. The five basic strokes
8. Basic rescues
9. Safe paddling practices
10. Boat and gear maintenance

Class duration is 9 am to 6 pm

### **Level II: Boat Maneuvering and Group Paddling**

After Level I and follow up coaching, the student will be ready for five more maneuvering strokes including; bow rudder, hanging draw, low brace turn, sculling, draw and bracing for support. Additional skills covered are judgment of weather, group paddling concepts, area clubs and further rescues and safe paddling concepts. Students who show solid skills from level I can achieve ACA level I Certification during class. Class duration 9 a.m. to 6 pm

### **The Eskimo Roll**

After Level II the paddlers will be well served to have the ability to roll their kayak. This allows a kayaker to learn more advanced techniques without the worry of capsizing. With a four step method accomplished above water a student can achieve a roll with a minimum of “dunking”. Success rate is high within 2 hours, additional coaching if needed.

### **Level III: Skills for Open Water**

After achieving the ability to move a kayak in all directions, roll and paddle safely, a kayaker is ready to learn open water skills. This includes bracing, edging, sculling and basic navigation and towing. Also covered will be more advanced rescues and general rough water rules for safe paddling. Scenarios and games will help students learn to use skills in a real life environment. Students who show solid skills from level II will receive ACA level II certification. This is a two day class, Saturday and Sunday 9-6.



#### **Level IV: Coastal Preparation**

After achieving the ability to move a kayak in all directions, roll and paddle safely, a kayaker is ready to learn open water skills. This includes bracing, edging, sculling and basic navigation and towing. Also covered will be more advanced rescues and general rough water rules for safe paddling. Scenarios and games will help students learn to use skills in a real life environment. Students who show solid skills from level III will receive ACA level III certification. This is a 2 day class, Saturday and Sunday, 9-6

#### **Level V: Galveston Surf and Tides Trip**

The last class will be held in Galveston, TX. A fun filled weekend camped at Galveston State Park and utilizing the coastal environment to put all previously learned skills to use. Upon completion of this class and passing a written test students receive a Coastal Leadership Award from the ACA

**Saturday:** Launch and landing in breaking waves. Boat control in surf. Safe paddling rules in surf zone. Plan coastal trip as a group after dinner.

**Sunday:** Execute the planned trip during which scenarios will be presented to use skills in real conditions.

### *Weekly coaching sessions*

*Every Wednesday at Lake Grapevine - 5:00pm – 8:00pm*

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## **KAYAK COLLEGE FEES & SCHEDULES 2010**

**Level I: 9:00am – 6:00pm, April 10<sup>th</sup>, May 1, June 26th**

**Cost \$95.00 per session**

**Level II : 9:00am – 6:00pm, June 12<sup>th</sup>, July 24th**

**Cost \$95.00 per session**

**Level III: 9:00am – 6:00pm, July 10th-11th**

**Cost \$150.00 per session**

**Level IV: 9:00am – 6:00pm, August 7th-8th**

**Cost \$150.00 per session**

**Level V: 9:00am – 6:00pm, September 11-12th**

**Cost \$300.00**

**Eskimo Rolling – Schedule with instructor**

**Cost \$75.00**

**Wednesday Coaching Sessions:**

**5:00pm – 8:00pm**

**April 21 - September 1**

**Cost \$20.00 per session**

**Video Stroke Analysis and Blending Strokes:**

**8 hour class, limit 4 students**

**Cost \$150.00**

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