

Beginner Kayaking Class Syllabus

Session 1 Topics

- Introductions, class logistics
- Gear, the “5 essentials” & very brief safety discussion
- Getting outfitted in boats, spray skirts, paddles & how they’re used
- Wet exits & emptying of boats
- Body position fundamentals, torso rotation
- Forward sweep stroke
- Reverse sweep stroke
- Forward stroke

Session 2 Topics

- Review of strokes from Session 1
- Warm-ups
- Stern draw stroke
- Side draw stroke
- Hip-snap overview & practice
- Bow rescues (aka T-rescues)

Session 3 Topics

- Warm-ups
- Review & practice of Hip-snap
- Boat tilt
- Edging while turning
- Bracing
- Rolling

Flat Water/Moving Water Weekend (May 12th & 13th)

- Flat water practice & instruction (May 12th location, TBD)
- Moving water introduction & instruction (May 13th location, TBD)