

Beginner's Kayak Class – Spring 2008

Starts Thursday April 24, 2008 and runs for 4 consecutive Thursdays 5:30 - 7:00 P.M.
at Creekside Park boat launch

Outline

Instructors -Terry Rich & John Jacobson w/ T.R.P.C. members assisting

Class #1- Terry Rich w/ on land training (no water training)

- **Introduction - Instructors, Group, outline of classes**
- **Boats - Boat types, parts, features (rudders, skegs, hatches, bulkheads, etc.) fit**
- **Gear - paddles, P.F.D.s, pumps, skirts, dry bags, paddle float, etc.**
- **Transport - racks, straps, Tie down, proper tension**
- **Safety - boats, weather, current, water/air temp., Preventing shoulder & wrist injury, other safety issues**
- **Entry & Exit - parallel to shore, perpendicular to shore,**
- **Wet Exit - dry land practice**
- **Boat carrying, emptying & Gear care - one person carry, two person carry, rinse, 303, storage**
- **Strokes - Grip, forward, reverse, sweep**

Class #2 - Terry Rich w/ water training

- **Braces & edging - J-Lean, Brace, High Brace**
- **Review strokes + draw, sculling draw**
- **Braces - Low Brace, High brace**
- **Entry from dockside**
- **Short trip up Brice's Creek**

Class # 3 - Terry Rich w/ water training

- **Review Strokes & Braces**
- **Strokes - Bow Rudder, dynamic draw**
- **Sculling Brace**
- **Combine Stern Rudder w/ low brace**
- **Short trip up Brice's Creek**

Class #4 - John Jacobson w/ water training

- **Putting it all Together - Paddle w/ Jake**