

COURSES



Within the shelter of the Admiralty Islands off Gananoque, we help paddlers achieve new skills and confidence. Introductory and Certification courses are an interactive way to enhance your boat control, paddling efficiency and decision making for safe adventures on the water. All our instructors are Paddle Canada Certified.

INTRO TO KAYAKING

This 1 day course is a perfect soft introduction to kayaking. No experience is necessary and our certified instructors are thrilled to help you enjoy the benefits of kayaking. This is the course for you if you are planning light day tripping or leisurely paddling for relaxation and exercise.

You will learn skills such as:

- All required safety equipment
- Boat designs
- Safe entries and exits
- Paddling strokes and maneuvers
- Efficient power and strength
- Wet exits and assisted re-entries

June 3, July 7, July 21, Aug 11, Aug 25, Sept 9

\$165



LEVEL 1 SKILLS

This 2 day course is designed for paddlers looking for a little more adventure on the water. If you are thinking of overnight camping, paddling on open bodies of water or plan to take beginner friends with you, this course covers all the essential trip planning and boat handling skills.

You will learn skills such as:

- Launching from uneven shorelines
- Extended trip planning
- Full stroke tune up
- Edging + bracing
- Self and assisted rescues
- Theory of winds, waves, tides, currents and navigation

June 2+3, June 30 + July 1, July 28 + 29, Aug 18 + 19, Sept 15 + 16

\$265



LEVEL 2 SKILLS

This 4 day course is an exciting overview of advanced trip planning and paddling techniques. We push the boats to the limits by blending edging and bracing into dynamic maneuvers. Engage in problematic rescue scenarios, towing, and advanced theory of navigation, weather, tides and winds. We camp on a National Park island for 1 night including a night navigation and rescue scenario.

You will learn skills such as:

- Power stroke and maneuvering efficiency
- Advanced edge control
- Detailed coastal navigation
- Group management and expedition trip planning
- Problematic rescue training
- Emergency response
- Rolling

June 14 – 17, Sept 6 – 9

\$465