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Date: _____

Moving Water I

Location. Lower Scotts Flat or Englebright Lake (sat); Lower Yuba (sun)

Saturday:

9:00 - Meet at shop, fit kayaks and gear - discuss equipment designs-

10:30 - Lock and load! Head to the lake'

11.30-Safety talk, launching Technique and put-in, introduction to basic strokes and applicable drills

12:00-Lunch Break?

12:30 - Continue intro to basic strokes and practice boat control

3:00 - Intro to bracing and bow or "T" rescue drills

4:15- Take out, dry off, and head back to the shop!

Sunday:

9:00 - Meet at the shop!! - Surprise surprise!

9:30 - Head to the RIVER!

10:30 - Run Shuttle and put-in.

11:30 - Basic strokes in current, peel-outs, and eddy turns

12:30-Lunch!

1:00 - Four miles of down river paddling! Practicing those skills! Peel-outs, ferries, and catching eddies,

4:00 - Take out and boogie back to town with your first white water experience under your belt and a smile on your face.

Moving Water I Plus

w/ purchase of Moving Water I

Date: _____

Location. Yankee Jim's & on the 'N. Fork American, or Coloma to Lotus on the S. Fork American

Monday:

8:00 - Meet at the shop

8:30 - Head to the river

10:00 - Run shuttle and put-in

11:00 - Pure class II fun on skill building rapids

3:30 - Take out and return to shop with a much higher level of river experience.

Classes include - Kayaks and all the necessary gear for a safe, fun, and comfortable learning experience.

Students will need to bring their own lunch, water bottle, and personal gear including: Sunscreen, quick

drying shorts - NO COTTON-, along sleeved capilene shirt, water shoes such as chacos, tevas, or wet suit boogies

- No sneaker/running shoes! Wet suites and paddling jackets available to rent.