



# KAYAK SCHOOL



**ADVENTURE CRAFTERS**  
SCHOOL OF COASTAL KAYAKING

## KAYAKING 101 - PRIMARY STROKES

- 3 hour course
- Focus on basic strokes
- Kayak equipment overview
- Kayak fitting
- Correct lifting and carrying technique
- Forward and reverse strokes
- Forward and reverse sweeps
- Draw strokes
- Wet exit demonstration



Are you interested in dipping your toes into some water based adventuring? If so, this is the class for you! In Primary Strokes our American Canoe Association (ACA) certified instructors will introduce you to fundamental kayaking skills like proper boat and PFD fit, carrying and lifting techniques, efficient forward and reverse strokes, and several maneuvering strokes including sweeps, draws, and rudders. This 3 hour class takes place in a protected and calm water environment best suited for learning basic strokes. For full day instruction that includes basic strokes and adds rescue technique, see Strokes and Rescues Course.

### \$65 per person

Adventure Crafters School of Coastal Kayaking offers private and semi-private instruction seven days a week. Group classes are available most weekends. Call for reservations - 888-529-2563

**Start/End:** 10am to approximately 1pm

**Prerequisite:** This is an entry level kayaking class, no prior kayak experience required.

**Includes:** Kayak, paddle, PFD and paddling jacket/wetsuit if needed. *20% discount coupon to Eastern Mountain Sports.* Paddlers can bring their own boat and gear. Both need to be equivalent to gear provided, appropriate for class, in good working order and approved by instructor. Please call 888-529-2563 with any questions.

**Does Not Include:** Lodging, transportation, meals, personal gear and clothing.

### Location:

**Adventure Crafters  
School of Coastal Kayaking**  
7109 Main Street  
Queenstown, MD 21658  
888-529-2563  
[www.adventurecrafters.com](http://www.adventurecrafters.com)  
[info@adventurecrafters.com](mailto:info@adventurecrafters.com)

### Directions:

RT 50 East - Go over the Bay Bridge  
At RT 50/301 split (approx. 10 miles after Bay Bridge), stay to the left - will become RT 301  
Left onto 18 East (Main Street)  
7109 Main Street - just past the bank, on the left, behind the Queenstown Inn B&B