



KAYAK SCHOOL



ADVENTURE CRAFTERS
SCHOOL OF COASTAL KAYAKING

KAYAKING 102 - STROKES AND RESCUES

- Full day course
- Kayak equipment overview
- Kayak fitting
- Correct lifting and carrying technique
- Forward and reverse strokes
- Forward and reverse sweeps
- Draw strokes
- Edging
- Bracing
- Self Rescues
- Group Rescues



This full day class goes several steps beyond Kayaking 101- Primary Strokes. We will review and refine basic strokes and introduce wet exit and reentry technique. Your ACA certified instructor will demonstrate and teach several reentry methods including T-rescues, bow rescues and paddle float rescue.

Our Strokes and Rescues course takes place on a protected and calm water body to enhance your learning experience. At the conclusion of this class you will be ready to join our 200 level "Motion and Movement" series courses.

\$115 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: 9am to approximately 4pm

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
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