



KAYAK SCHOOL



KAYAKING 201 - FLATWATER MOTION AND MOVEMENT

ADVENTURE CRAFTERS
SCHOOL OF COASTAL KAYAKING

- Full day course
- Stroke refinement
- Efficient movement
- Boat control
- Low brace turn
- Bow rudder
- Stern pry
- Stern draw
- Fundamentals of rolling



This full day class is designed to explore and expand the relationship between your body, boat and blade. With these tools you will learn the fundamental processes of boat control, body position, boat edging, and paddle strokes. We will also look at advanced strokes and the ability to quickly maneuver your boat. This will ultimately prepare you to be a more efficient paddler and enhance your experience on the water.

\$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: Strokes and Rescues or equivalent kayak course, previous kayak experience.

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