

Friday am 9:00 – 11:00

Mentor

Strokes

TBD

Turning Strokes

Advanced Strokes

Std Roll, Balance Brace, Sculling Brace

Std Roll, Balance Brace, Sculling Brace

Std Roll, Balance Brace, Sculling Brace

Std Roll, Balance Brace, Sculling Brace

Various layback rolls w/ paddle

Chest Scull & Reverse Sweep

Storm Roll

Storm Roll

Storm Roll

Layback Hand & Norsaq Rolls

Layback Hand & Norsaq Rolls

Forward Hand & Norsaq Rolls

Forward Hand & Norsaq Rolls

Rescues

Mentor Training

Bracing & Edging

Friday pm 1:15 – 3:15

Mentor

Strokes

TBD

Advanced Strokes

Std Roll, Balance Brace, Sculling Brace

Std Roll, Balance Brace, Sculling Brace

Std Roll, Balance Brace, Sculling Brace

Std Roll, Balance Brace, Sculling Brace

Various layback rolls w/ paddle

Various layback rolls w/ paddle

Chest Scull & Reverse Sweep

Storm Roll

Storm Roll

Storm Roll

Layback Hand & Norsaq Rolls

Layback Hand & Norsaq Rolls

Forward Hand & Norsaq Rolls

Forward Hand & Norsaq Rolls

Rescues

Mentor Training

Rolling Skills & Drills

Saturday am 9:00 – 11:00	Mentor
Strokes	TBD
Strokes	
Advanced Strokes	
Bracing & Edging	
Std Roll, Balance Brace, Sculling Brace	
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Std Roll, Balance Brace, Sculling Brace	
Various layback rolls w/ paddle	
Chest Scull & Reverse Sweep	
Storm Roll	
Storm Roll	
Storm Roll	
Layback Hand & Norsaq Rolls	
Layback Hand & Norsaq Rolls	
Forward Hand & Norsaq Rolls	
Forward Hand & Norsaq Rolls	
Rescues	
Kayak Fishing or Tool Sharpening	

Saturday pm 1:15 – 3:15

Mentor

Strokes

TBD

Advanced Strokes

Advanced Strokes

Std Roll, Balance Brace, Sculling Brace

Std Roll, Balance Brace, Sculling Brace

Std Roll, Balance Brace, Sculling Brace

Std Roll, Balance Brace, Sculling Brace

Various layback rolls w/ paddle

Chest Scull & Reverse Sweep

Storm Roll

Storm Roll

Storm Roll

Layback Hand & Norsaq Rolls

Layback Hand & Norsaq Rolls

Forward Hand & Norsaq Rolls

Forward Hand & Norsaq Rolls

Rescues

Mentor Training

Expeditioning or Kayak Camping

Sunday am 9:30 – 11:00

Mentor

Strokes

TBD

Advanced Strokes

Std Roll, Balance Brace, Sculling Brace

Std Roll, Balance Brace, Sculling Brace

Std Roll, Balance Brace, Sculling Brace

Std Roll, Balance Brace, Sculling Brace

Various layback rolls w/ paddle

Chest Scull & Reverse Sweep

Chest Scull & Reverse Sweep

Storm Roll

Storm Roll

Storm Roll

Layback Hand & Norsaq Rolls

Layback Hand & Norsaq Rolls

Forward Hand & Norsaq Rolls

Forward Hand & Norsaq Rolls

Rescues

Mentor Training

Special Class TBD
