



Dear Kayaking Enthusiast,

Thank you for your interest a bracing and rolling skills workshop. We would really enjoy helping you bring your kayaking skills to a new level. Our program will help you enhance your boating comfort and underwater kayaking skills. The cost is \$100.00 per person.

Our session would look like this:

Meet at the back side of the beach: unload boats, welcome, get to know each other, waiver signing, and overview of the day, review goals, safety briefing & stretch, out. We will discuss dry land rolling concepts; boat fit (if necessary) and reviews the wet exit.

Everyone on the Water! We will work on support strokes such as the high, low and sculling brace and then when we are in a good place we will blend into rolling our kayaks. Once we have all achieved underwater comfort, people will work with each other on hip snap and underwater comfort while we work with one person at a time on their kayak roll. Breaks are encouraged! We will end the day by video taping your roll and doing a one on one discussion with each student on what you are doing well and where you still need to polish your skills.

Please make the goal of this workshop to increase your underwater comfort and understanding of the mechanics of the kayak roll. If you actually get the roll nailed... call this a bonus!

This program will challenge each person to his or her level of comfort and every person should leave with some new tools in their paddler's toolbox.

To help maximize the safety and learning experience for every person involved in this program, we ask that you arrive with **all** of the required items on the "Bring List". If for any reason you are missing a required piece of equipment, please let us know at least one week in advance and we will do everything we can to try to assist you in obtaining the gear needed.

We will provide gate fees at Whites Beach, basic safety equipment and ACA Instruction. We will do our very best to create a safe, enjoyable and positive learning experience for all! This program is designed to meet you at your current skill level and help you gain comfort and confidence in your boat. A class size of a minimum of 4 people is needed to run the program.

Cancellation Policy: If you need to cancel:

- **Within 45 days of the start date of your class you will be given a full refund**
- **Within 35 days of the start date of your class you will be given a 50% refund**
- **If you cancel after the above times no refunds will be given**
- **We reserve the right to cancel any offering due to low enrollment.**
- **If we cancel due to low enrollment you will be given a full refund!**

Yours in adventure,

Bob Myron

Bob Myron, ACA Coastal Kayak ITE

Rolling & Bracing “To Bring List”

Must have items:

- ❑ **Kayak:** Whitewater or Sea Kayak that fits you well: Good contact at the hips, thighs, back and feet will allow maximum success in this workshop
- ❑ **Spray skirt:** The dryer the better! Nylon is ok, but bring neoprene if you have it!
- ❑ **Paddle and a spare if you have one**
- ❑ **Paddle float**
- ❑ **Wetsuit (We will spend a lot of time in the water and this may be something that helps you stay warmer longer.**
- ❑ **Swimsuit**
- ❑ **Personal Floatation device**
- ❑ **Nose plugs**
- ❑ **Water bottle**
- ❑ **Lunch**

Suggested Items:

- ❑ **Dry suit:** If you have one bring it along just in case
- ❑ **Towel**
- ❑ **Nose plugs**
- ❑ **Swim Goggles or Mask**
- ❑ **Ear Plugs & nose plugs**
- ❑ **Note book**

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