

2022 WMCKA ADULT PROGRAM SYMPOSIUM SCHEDULE

FRIDAY

Introduction to the Symposium

Courtney Reid/Maggie Byrne

7:00 - 8:00 pm - Classroom

SATURDAY, SUNDAY, and MONDAY

A wide array of both land and water classes will be held throughout the weekend.

There are courses for both beginner and intermediate paddlers.

See the attached schedule for a full course listing.

SATURDAY and SUNDAY

BCU 3 Star-Training/Sea Kayak Performance Award

Bonnie Perry & Rebecca Merz

Friday at 7:00 pm -Short Meeting

Training: 9:00 am - 3:00 pm - Saturday and Sunday

Be Prepared to be Out on Lake Michigan

Intermediate Paddlers Only - Must Have a Helmet

Class Size Limit

For Questions, Contact Bonnie Perry

at bonnieanneperry@gmail.com

The Course Schedule - Getting the Most Out of Your Symposium

On the following pages is the course schedule for the symposium.

For each course, the **class name** is in bold.

Below the course name, additional information about the class is provided.

The **first line** below the class name will tell you whether the course will be held **on land** or **on the water**. If it is a water class, you need to come to the class dressed to be on the water and for possibly being in the water.

The **second line** below the class name provides information on the **type of paddler(s)** for which the class is recommended.

For some classes, a **third line** of information is provided.

This line will tell you whether or not there is a **pre-requisite** for the class. A pre-requisite may be required attendance at another class offered at the symposium or a skill that would be needed before attending the class. For classes, which have pre-requisites, these requirements are included on the **Course Description Sheet**.

SUGGESTED BEGINNER TRACK

(For students with little or no experience with kayaks and no wet exit)

Friday or Saturday: Quick Introduction to the Symposium

Saturday

<u>Time</u>	<u>Recommended Class</u>
9:00-9:30 am	Any land-based class
9:45-11:45 am	Introduction to Kayaking: On Shore Basics, Launching Your Boat, Wet Exits
1:15-2:45 pm	Basic Strokes/More Strokes (Traditional or Euro.) OR Women's Clinic
3:00-4:00 pm	The 30 Second Kayak Rescue OR Finding the Right Kayak for You/Demo
4:00-5:00 pm	Rolling/Linked Strokes Demonstration

Sunday

<u>Time</u>	<u>Recommended Class</u>
9:05-10:00 am	Any land-based class
10:15-11:45 am	Becoming One with Your Boat through Play OR Basic Rescues
1:30-2:45 pm	Hip Snaps/Bracing OR any land or water class
3:00-4:15 pm	Becoming One With Your Boat Through Play OR Linking Strokes
4:30-5:30 pm	Wacky Relay Races

Monday

<u>Time</u>	<u>Recommended Class</u>
9:00-10:15 am	Group Paddle OR Basic/More Rescues OR Individualized Instruction OR Finding the Right Kayak for You/Demo

Hints & Tips for Beginners

- Make sure you take Introduction to Kayaking.
- Do the wet exit - it is a pre-requisite for most of the on-water classes.
- Get a Basic Rescues class in sometime during the weekend.
- You need to have a solid hip snap and some bracing experience BEFORE attending a rolling class.

SUGGESTED ADVANCED BEGINNER TRACK

(For students who have kayaked a number of times and who have done one or more wet exits)

Friday or Saturday: Quick Introduction to the Symposium

Saturday

<u>Time</u>	<u>Recommended Class</u>
9:00-9:30 am	Any land-based class
9:45-11:45 am	Basic Strokes (Traditional or Euro.) OR Basic Rescues
1:15- 2:45 pm	Basic Rescues OR Basic Strokes/More Strokes (Traditional or Euro.) OR Women's Clinic
3:00-4:00 pm	Any land class
4:00-5:00 pm	Rolling/Linked Strokes Demonstration

Sunday

<u>Time</u>	<u>Recommended Class</u>
9:05-10:00 am	Basic Safety Gear
10:15-11:45 am	Becoming One with Your Boat through Play OR Linking Strokes
1:15-2:45 pm	Hip Snaps/Bracing OR Women's Clinic
3:00-4:15 pm	Rescues for Smaller Rescuers OR Becoming One with Your Boat Through Play OR Linking Strokes
4:30-5:30 pm	Wacky Races

Monday

<u>Time</u>	<u>Recommended Class</u>
9:00-10:15 am	Group Paddle OR Basic/More Rescues Or Finding the Right Kayak for You/Demo OR Rolling Clinic

Hints & Tips for Advanced Beginners

- Get a Basic Rescues class in sometime during the weekend.
- Take the Introduction to Hip Snaps/Bracing Class - you need to have a solid hip snap and some bracing experience BEFORE taking a Rolling class.

2022 WMCKA ADULT PROGRAM SYMPOSIUM SCHEDULE

SATURDAY

Time	Class	Location
8:00-9:00am	Breakfast	Lodge
8:40-9:00am	Quick Introduction to the Symposium Land Class First-Time Symposium Participants	Classroom
9:00 - 9:30am	Finding the Right Kayak for You/ Fitting Your Boat to You Land Class Beginner/Intermediate	Beachfront
9:00 - 9:30am	Strengthening and Stretching Exercises for Paddlers Land Class	Lodge Deck
9:00 - 9:30am	ABC's of Safe Paddling Land Class Beginner/Intermediate	Station 1
9:00-9:30am	Dressing for Paddling Land Class Beginner/Intermediate	Pavilion
9:00-11:45am	Learning to Lead Land and On-Water Class Beginner/Intermediate	Station 2
9:45-11:45am	Introduction to Kayaking: On Shore Basics, Launching Your Boat, Wet Exits On-Water Class Beginner	Station 1
9:45-11:45am	Basic Strokes - Traditional On-Water Class Beginner/Intermediate	Station 2
9:45-11:45am	Basic Strokes - Euro On-Water Class Beginning/Intermediate	Station 3
9:45-11:45am	Becoming One with your Boat through Play On-Water Class Intermediate	Station 4
9:45-11:45am	Basic Rescues/More Rescues On-Water Class Beginner/Intermediate Pre-Requisite	Station 5
12:00-1:00 pm	Lunch	Lodge
1:15-2:45pm	Hitting the Target Through Precision Paddling: How to Get Your Boat Where You Want It to Be On-Water Class Intermediate Prerequisite	Station 1
1:15-2:45pm	Basic Strokes/More Strokes - Traditional On-Water Class Beginner/Intermediate	Station 2

1:15-2:45pm	Basic Strokes/More Strokes - Euro On-Water Class Beginner/Intermediate	Station 3
1:15-2:45pm	Women's Clinic On-Water Class Beginner/Intermediate Pre-Requisite	Station 4
1:15-2:45pm	Basic Rescues/More Rescues On-Water Class Beginner/Intermediate Pre-Requisite	Station 5
3:00-4:00pm	The 30 Second Kayak Rescue Land Class Beginner/Intermediate	Lodge Deck
3:00-4:00pm	Tides and Currents Beginner/Intermediate Land Class	Lodge
3:00-4:00pm	Wind and Waves for Paddlers Land Class Intermediate	Classroom
3:00-4:00pm	Stand Up Paddle Board - Basic On-Water Class Beginner/Intermediate	Station 1
3:00-4:00pm	Rolling Clinic On-Water Class Intermediate Pre-Requisite	Station 2
3:00-4:00pm	Guaranteed Torso Rotation in One Easy Lesson or Your Money Back On-Water Class Intermediate Prerequisite	Station 3
3:00-4:00pm	Weird Strokes for Balance, Flexibility, and Paddle Dexterity in Your Boat On-Water Class Intermediate	Station 4
3:00 - 4:00pm	Finding the Right Kayak for You/Demo Land Class/On-Water Beginner/Intermediate	Station 5
4:00-5:00pm	Rolling/Linked Strokes Demonstration	Dock
6:00 - 7:00	Dinner	Lodge
7:30-9:30 pm	Evening Presentations Dre's West Coast Adventure WMCKA Raffle / Giveaway	Lodge

SUNDAY

Time	Class	Location
7:15-7:45am	Morning Meditation	Chapel
8:00-9:00am	Breakfast	Lodge

9:05-10:00am	Navigation Basics Land Class Beginner/Intermediate	Lodge
9:05-10:00am	So, You Want to Learn to Roll Land Class Beginner/Intermediate	Classroom
9:05 - 10:00am	Strengthening and Stretching Exercises for Paddlers Land Class	Lodge Deck
9:05-10:00am	Tripping: Packing Your Boat Land Class Beginner/Intermediate	Station 1
9:05-10:00am	Basic Safety Gear Land Class Beginner/Intermediate	Station 2
10:15-11:45am	Becoming One with Your Boat through Play On-Water Class Beginner/Intermediate	Station 1
10:15-11:45am	Linking Strokes - Traditional On-Water Class Beginner/Intermediate	Station 2
10:15-11:45am	Linking Strokes - Euro On-Water Class Beginner/Intermediate	Station 3
10:15-11:45am	Basic Rescues/More Rescues On-Water Class Beginner/Intermediate Pre-requisite	Station 4
10:15-11:45am	Towing On-Water Class Beginner/Intermediate	Station 5
12:00-1:00pm	Lunch	Lodge
1:15-2:45pm	VHF Radios and Other On-Water Communications Beginner/Intermediate Land Class	Lodge
1:15-2:45pm	Hip Snaps/Bracing - Traditional On-Water Class Beginner/Intermediate Pre-Requisite	Station 1
1:15-2:45pm	Hip Snaps/Bracing - Euro On-Water Class Beginner/Intermediate Pre-Requisite	Station 2
1:15-2:45pm	Towing On-Water Class Beginner/Intermediate	Station 3
1:15-2:45pm	Women's Clinic On-Water Class Beginner/Intermediate Pre-requisite	Station 4
1:15-2:45pm	Power, Stability, and Control Through Linked Strokes On-Water Class	Station 5

	Intermediate Prerequisite	
1:15-2:45pm	Basic Rescues/More Rescues On-Water Class Beginner/Intermediate	Station 6
1:15-2:45pm	Hitting the Target Through Precision Paddling: How to Get Your Boat Where You Want It to Be On-Water Class Intermediate Prerequisite	Station 7
3:00-4:15pm	Cooking in the Backcountry Land Class Beginner/Intermediate	Pavilion
3:00-4:15pm	Stand-up Paddle Board - Basic On-Water Class Beginner/Intermediate	Dock
3:00-4:15pm	Linking Strokes - Traditional On-Water Class Intermediate	Station 1
3:00-4:15pm	Linking Strokes - Euro On-Water Class Intermediate	Station 2
3:00-4:15pm	Rescues for Smaller Rescuers On-Water Class Intermediate Pre-Requisite	Station 3
3:00-4:15pm	Power, Stability, and Control Through Linked Strokes On-Water Class Intermediate	Station 4
3:00-4:15pm	Becoming One with Your Boat through Play On-Water Class Beginner/Intermediate	Station 5
3:00-4:15pm	Individualized Instruction On-Water Class Beginner/Intermediate	Station 6
3:00-4:15pm	Weird Strokes for Balance, Flexibility, and Paddle Dexterity in Your Boat On-Water Class Intermediate	Station 7
4:30-5:30pm	Wacky Relay Races On-Water for Participants On-Land for Those Who Just Want to Watch Beginner/Intermediate/Instructors	Dock
6:00-7:00pm	Dinner	Lodge
7:00-12:00pm	Informal Networking and Evening Social	Lodge
9:00-10:00pm	Night Paddle	Dock

MONDAY

Time	Class	Location
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8:00-8:45am	Breakfast	Lodge
9:00-10:15am	Finding the Right Kayak for You/Demo Land Class/On-Water Beginner/Intermediate	Lodge Deck
9:00-10:15am	Where to Go: Kayaking Trips in the Great Lakes Land Class Beginner/Intermediate	Lodge
9:00-10:15am	Power, Stability, and Control Through Linked Strokes: How to Get Your Boat Where You Want It To Be On-Water Class Intermediate Pre-requisite	Station 1
9:00-10:15am	Basic Rescues/More Rescues On-Water Class Beginner/Intermediate Pre-Requisite	Station 2
9:00-10:15am	Stand-Up Paddle Board - Advanced On-Water Intermediate	Station 3
9:00-10:15am	Rolling Clinic On-Land/On-Water Class Intermediate Pre-Requisite	Station 4
9:00-10:15	Individualized Instruction On-Water Class Beginner/Intermediate	Station 5
9:00-10:15am	Group Paddle: Putting It All Together On-Water Class Beginner/Intermediate	Station 6