#### 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 <a href="mailto:bonnieanneperry@gmail.com">bonnieanneperry@gmail.com</a>

### 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 <u>class name</u> is in bold.

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

The <u>first line</u> below the class name will tell you whether the course will be held <u>on land</u> or <u>on the water</u>. 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 <u>second line</u> below the class name provides information on the <u>type of paddler(s)</u> 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 <u>pre-requisite</u> 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

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

#### Sunday

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

#### Monday

| <u>Time</u>   | Recommended Class  |
|---------------|--|
| 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>   | Recommended Class   |
|---------------|---|
| 0.00 0.30     | Annaland based alass  |
| 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

| Time                         | Recommended Class  |
|------------------------------|--|
| 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<br>3:00-4:15 pm | Hip Snaps/Bracing OR Women's Clinic<br>Rescues for Smaller Rescuers OR Becoming One with Your Boat Through Play OR |
| 4:30-5:30 pm                 | Linking Strokes Wacky Races  |
| 1.30 3.30 pm                 | Trucky naces   |

#### Monday

| Time          | Recommended Class  |
|---------------|--|
| 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**

| 8:00-9:00am   Breakfast   Lodge   8:40-9:00am   Quick Introduction to the Symposium   1  | Time           | Class                                    | Location   |
|--|----------------|--|------------|
| Land Class   First-Time Symposium Participants   | 8:00-9:00am    | Breakfast                                | Lodge      |
| First-Time Symposium Participants Finding the Right Kayak for You/ Fitting Your Boat to You Land Class Beginner/Intermediate  9:00 - 9:30am Strengthening and Stretching Exercises for Paddlers Land Class 9:00 - 9:30am ABC's of Safe Paddling Land Class Beginner/Intermediate  9:00 - 9:30am Pressing for Paddling Land Class Beginner/Intermediate  9:00-11:45am Learning to Lead Land and On-Water Class Beginner/Intermediate  9:45-11:45am Introduction to Kayaking: On Shore Basics, Launching Your Boat, Wet Exits On-Water Class Beginner/Intermediate  9:45-11:45am On-Water Class Beginner/Intermediate  9:45-11:45am Basic Strokes - Traditional On-Water Class Beginner/Intermediate  9:45-11:45am Becoming One with your Boat through Play On-Water Class Beginning/Intermediate  9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate  9:45-11:45am Basic Rescues/More Rescues Seginner/Intermediate  9:45-11:45am Basic Rescues/More Rescues Seginner/Inte | 8:40-9:00am    |  | Classroom  |
| 9:00 - 9:30am Finding the Right Kayak for You/ Fitting Your Boat to You Land Class Beginner/Intermediate 9:00 - 9:30am Strengthening and Stretching Exercises for Paddlers Land Class Beginner/Intermediate 9:00 - 9:30am ABC's of Safe Paddling Land Class Beginner/Intermediate 9:00-9:30am Dressing for Paddling Land Class Beginner/Intermediate 9:00-11:45am Learning to Lead Land and On-Water Class Beginner/Intermediate 1ntroduction to Kayaking: On Shore Basics, Launching Your Boat, Wet Exits On-Water Class Beginner 9:45-11:45am Basic Strokes - Traditional On-Water Class Beginner/Intermediate 9:45-11:45am Basic Strokes - Traditional On-Water Class Beginning/Intermediate 9:45-11:45am Becoming One with your Boat through Play On-Water Class Intermediate 9:45-11:45am Basic Rescues/More Rescues On-Water Class Intermediate 9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate 9:45-11:45am Basic Rescues/More Rescues On-Water Class Intermediate 9:45-11:45am Basic Rescues/More Rescues On-Water Class Intermediate Pre-Requisite 12:00-1:00 pm Lunch Target Through Precision Paddling: How to Get Your Boat Where You Want It to Be On-Water Class Intermediate Prerequisite 1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class Intermediate Prerequisite  |                |  |            |
| Land Class Beginner/Intermediate  9:00 - 9:30am ABC's of Safe Paddling Land Class Beginner/Intermediate  9:00-9:30am ABC's of Safe Paddling Land Class Beginner/Intermediate  9:00-9:30am Dressing for Paddling Land Class Beginner/Intermediate  9:00-11:45am Learning to Lead Land and On-Water Class Beginner/Intermediate  9:45-11:45am Introduction to Kayaking: On Shore Basics, Launching Your Boat, Wet Exits On-Water Class Beginner  9:45-11:45am Basic Strokes - Traditional On-Water Class Beginner/Intermediate  9:45-11:45am Basic Strokes - Euro On-Water Class Beginning/Intermediate  9:45-11:45am Becoming One with your Boat through Play On-Water Class Intermediate  9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate  9:45-11:45am Briting Rescues/More Rescues On-Water Class Beginner/Intermediate  1:15-2:45pm Basic Strokes/More Strokes - Traditional Dn-Water Class Intermediate Prerequisite  1:15-2:45pm Basic Strokes/More Strokes - Traditional Dn-Water Class Intermediate Prerequisite  1:15-2:45pm Basic Strokes/More Strokes - Traditional Dn-Water Class Intermediate Prerequisite  1:15-2:45pm Basic Strokes/More Strokes - Traditional Dn-Water Class Intermediate Prerequisite  1:15-2:45pm Basic Strokes/More Strokes - Traditional Dn-Water Class Intermediate Prerequisite  | 0.00.000       | , , ,                                    | D 16 1     |
| Beginner/Intermediate   Strengthening and Stretching Exercises for Paddlers   Lodge Deck   Land Class  | 9:00 - 9:30am  | 1  | Beachfront |
| 9:00 - 9:30am  |                |  |            |
| Land Class   Station 1   | 9·00 - 9·30am  |  | Lodge Deck |
| 9:00 - 9:30am ABC's of Safe Paddling Land Class Beginner/Intermediate  9:00-9:30am Dressing for Paddling Land Class Beginner/Intermediate  9:00-11:45am Learning to Lead Land and On-Water Class Beginner/Intermediate  9:45-11:45am Introduction to Kayaking: On Shore Basics, Launching Your Boat, Wet Exits On-Water Class Beginner  9:45-11:45am Basic Strokes - Traditional On-Water Class Beginner/Intermediate  9:45-11:45am Basic Strokes - Euro On-Water Class Beginner/Intermediate  9:45-11:45am Becoming One with your Boat through Play On-Water Class Intermediate  9:45-11:45am Besic Rescues/More Rescues On-Water Class Beginner/Intermediate  9:45-11:45am Brite Rescues/More Rescues On-Water Class Intermediate  9:45-11:45am Brite Rescues/More Rescues On-Water Class Beginner/Intermediate  9:45-11:45am Drive Rescues/More Rescues On-Water Class Beginner/Intermediate Pre-Requisite  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  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class   | 7.00 7.50am    |  | Louge Deck |
| Land Class   Beginner/Intermediate   Pavilion  | 9:00 - 9:30am  | -  | Station 1  |
| 9:00-9:30am   Dressing for Paddling   Land Class   Beginner/Intermediate   9:00-11:45am   Learning to Lead   Land and On-Water Class   Beginner/Intermediate   9:45-11:45am   Introduction to Kayaking: On Shore Basics, Launching Your Boat, Wet Exits   On-Water Class   Beginner   Basic Strokes - Traditional   On-Water Class   Beginner / Intermediate   9:45-11:45am   Basic Strokes - Euro   On-Water Class   Beginning/Intermediate   9:45-11:45am   Becoming One with your Boat through Play   On-Water Class   Intermediate   9:45-11:45am   Basic Rescues/More Rescues   On-Water Class   Intermediate   Pre-Requisite   District |                | _  |            |
| Land Class Beginner/Intermediate  9:00-11:45am Learning to Lead Land and On-Water Class Beginner/Intermediate  9:45-11:45am Introduction to Kayaking: On Shore Basics, Launching Your Boat, Wet Exits On-Water Class Beginner  9:45-11:45am Basic Strokes - Traditional On-Water Class Beginner/Intermediate  9:45-11:45am Basic Strokes - Euro On-Water Class Beginning/Intermediate  9:45-11:45am Becoming One with your Boat through Play On-Water Class Intermediate  9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate  12:00-1:00 pm Lunch Lodge  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class Intermediate Prerequisite  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class Intermediate Prerequisite  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class Intermediate Prerequisite  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class Intermediate Prerequisite  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class Intermediate Prerequisite  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class Intermediate Prerequisite  |                | Beginner/Intermediate                    |            |
| Beginner/Intermediate  9:00-11:45am Learning to Lead Land and On-Water Class Beginner/Intermediate  9:45-11:45am Introduction to Kayaking: On Shore Basics, Launching Your Boat, Wet Exits On-Water Class Beginner  9:45-11:45am On-Water Class Beginner/Intermediate  9:45-11:45am Basic Strokes - Traditional On-Water Class Beginner/Intermediate  9:45-11:45am P:45-11:45am Becoming One with your Boat through Play On-Water Class Intermediate  9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate  9:45-12:45pm Basic Rescues/More Rescues On-Water Class Beginner/Intermediate Pre-Requisite  1:15-2:45pm Basic Strokes-More Strokes - Traditional On-Water Class Intermediate Prerequisite  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class Intermediate Prerequisite  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class Intermediate Prerequisite  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class Intermediate Prerequisite  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class Intermediate Prerequisite  | 9:00-9:30am    |  | Pavilion   |
| 9:00-11:45am Learning to Lead Land and On-Water Class Beginner/Intermediate  9:45-11:45am Introduction to Kayaking: On Shore Basics, Launching Your Boat, Wet Exits On-Water Class Beginner  9:45-11:45am Basic Strokes - Traditional On-Water Class Beginner/Intermediate  9:45-11:45am Basic Strokes - Euro On-Water Class Beginning/Intermediate  9:45-11:45am Becoming One with your Boat through Play On-Water Class Intermediate  9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate  9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate Pre-Requisite  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  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class Intermediate Prerequisite  Station 2  |                |  |            |
| Land and On-Water Class Beginner/Intermediate  9:45-11:45am Introduction to Kayaking: On Shore Basics, Launching Your Boat, Wet Exits On-Water Class Beginner  9:45-11:45am Basic Strokes - Traditional On-Water Class Beginner/Intermediate  9:45-11:45am Basic Strokes - Euro On-Water Class Beginning/Intermediate  9:45-11:45am Becoming One with your Boat through Play On-Water Class Intermediate  9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate  9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate Pre-Requisite  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  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class Intermediate Prerequisite  |                |  |            |
| Beginner/Intermediate   9:45-11:45am   Introduction to Kayaking: On Shore Basics, Launching Your Boat, Wet Exits On-Water Class Beginner   9:45-11:45am   Basic Strokes - Traditional On-Water Class Beginner/Intermediate   9:45-11:45am   Basic Strokes - Euro On-Water Class Beginning/Intermediate   9:45-11:45am   Becoming One with your Boat through Play On-Water Class Intermediate   9:45-11:45am   Basic Rescues/More Rescues On-Water Class Beginner/Intermediate   9:45-11:45am   Basic Rescues/More Rescues On-Water Class Beginner/Intermediate   12:00-1:00 pm   Lunch   Lodge   1:15-2:45pm   Lunch   Lodge   Station 1   Get Your Boat Where You Want It to Be On-Water Class Intermediate   Prerequisite   1:15-2:45pm   Basic Strokes/More Strokes - Traditional   Station 2   On-Water Class   Station 2   Station 3   Station 3   Station 3   Station 4   Station    | 9:00-11:45am   |  | Station 2  |
| 9:45-11:45am   |                |  |            |
| Your Boat, Wet Exits On-Water Class Beginner  9:45-11:45am Basic Strokes - Traditional On-Water Class Beginner/Intermediate  9:45-11:45am Basic Strokes - Euro On-Water Class Beginning/Intermediate  9:45-11:45am Becoming One with your Boat through Play On-Water Class Intermediate  9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate  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  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class Intermediate Prerequisite  | 0.45 11.45am   |  | Station 1  |
| On-Water Class Beginner  9:45-11:45am Basic Strokes - Traditional On-Water Class Beginner/Intermediate  9:45-11:45am Basic Strokes - Euro On-Water Class Beginning/Intermediate  9:45-11:45am Becoming One with your Boat through Play On-Water Class Intermediate  9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate  9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate Pre-Requisite  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  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class On-Water Class  | 9.45-11.45dill | ,  | Station i  |
| Beginner  9:45-11:45am Basic Strokes - Traditional On-Water Class Beginner/Intermediate  9:45-11:45am Basic Strokes - Euro On-Water Class Beginning/Intermediate  9:45-11:45am Becoming One with your Boat through Play On-Water Class Intermediate  9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate  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  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class Intermediate Prerequisite  Station 2   |                |  |            |
| 9:45-11:45am Basic Strokes - Traditional On-Water Class Beginner/Intermediate  9:45-11:45am Basic Strokes - Euro On-Water Class Beginning/Intermediate  9:45-11:45am Becoming One with your Boat through Play On-Water Class Intermediate  9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate  9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate Pre-Requisite  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  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class  |                |  |            |
| Beginner/Intermediate  9:45-11:45am Basic Strokes - Euro On-Water Class Beginning/Intermediate  9:45-11:45am Becoming One with your Boat through Play On-Water Class Intermediate  9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate Pre-Requisite  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  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class On-Water Class   | 9:45-11:45am   |  | Station 2  |
| 9:45-11:45am Basic Strokes - Euro On-Water Class Beginning/Intermediate  9:45-11:45am Becoming One with your Boat through Play On-Water Class Intermediate  9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate Pre-Requisite  12:00-1:00 pm Lunch 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  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class Station 2  |                | On-Water Class                           |            |
| On-Water Class Beginning/Intermediate  9:45-11:45am Becoming One with your Boat through Play On-Water Class Intermediate  9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate Pre-Requisite  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  Station 2  Station 2   |                |  |            |
| Beginning/Intermediate  9:45-11:45am Becoming One with your Boat through Play On-Water Class Intermediate  9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate Pre-Requisite  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  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class On-Water Class  | 9:45-11:45am   |  | Station 3  |
| 9:45-11:45am Becoming One with your Boat through Play On-Water Class Intermediate  9:45-11:45am Basic Rescues/More Rescues On-Water Class Beginner/Intermediate Pre-Requisite  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  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class  |                |  |            |
| On-Water Class Intermediate  9:45-11:45am  Basic Rescues/More Rescues On-Water Class Beginner/Intermediate Pre-Requisite  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  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class  On-Water Class   | 0.15.11.15     |  | <b>a</b>   |
| Intermediate  9:45-11:45am  Basic Rescues/More Rescues On-Water Class Beginner/Intermediate Pre-Requisite  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  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class  Intermediate Prerequisite  Station 2  | 9:45-11:45am   |  | Station 4  |
| 9:45-11:45am  Basic Rescues/More Rescues On-Water Class Beginner/Intermediate Pre-Requisite  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  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class  |                |  |            |
| On-Water Class Beginner/Intermediate Pre-Requisite  12:00-1:00 pm  |                |  |            |
| Beginner/Intermediate Pre-Requisite  12:00-1:00 pm   | 9:45-11:45am   |  | Station 5  |
| Pre-Requisite  12:00-1:00 pm   |                |  |            |
| 12:00-1:00 pm  |                |  |            |
| 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  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class  | 12:00-1:00 pm  | •  | Lodge      |
| Get Your Boat Where You Want It to Be On-Water Class Intermediate Prerequisite  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class  Station 2   | •              |  |            |
| Intermediate Prerequisite  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class  Station 2  |                | 1  |            |
| Prerequisite  1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class Station 2  |                | On-Water Class                           |            |
| 1:15-2:45pm Basic Strokes/More Strokes - Traditional On-Water Class Station 2  |                |  |            |
| On-Water Class   |                | Prerequisite                             |            |
| On-Water Class   | 1·15-2·45nm    | Basic Strokes/More Strokes - Traditional | Station 2  |
|  | 2. 13piii      |  | 36661011 2 |
|  |                |  |            |

| 1:15-2:45pm   | Basic Strokes/More Strokes - Euro  | Station 3   |
|---------------|--|-------------|
|               | On-Water Class   |             |
| 4.45 2.45     | Beginner/Intermediate  | Ctation 4   |
| 1:15-2:45pm   | Women's Clinic   | Station 4   |
|               | On-Water Class   |             |
|               | Beginner/Intermediate  |             |
| 4.45 2.45     | Pre-Requisite  | Ctation F   |
| 1:15-2:45pm   | Basic Rescues/More Rescues On-Water Class  | Station 5   |
|               |  |             |
|               | Beginner/Intermediate  |             |
| 2.00 4.000    | Pre-Requisite  | Lodge Deels |
| 3:00-4:00pm   | The 30 Second Kayak Rescue Land Class  | Lodge Deck  |
|               |  |             |
| 2.00 4.000    | Beginner/Intermediate Tides and Currents   | Lodge       |
| 3:00-4:00pm   | The state of the s | Lodge       |
|               | Beginner/Intermediate Land Class   |             |
| 3:00-4:00pm   | Wind and Waves for Paddlers  | Classroom   |
| 3.00-4.00pm   | Land Class   | Classiooni  |
|               | Intermediate   |             |
| 2:00 4:00pm   |  | Station 1   |
| 3:00-4:00pm   | Stand Up Paddle Board - Basic On-Water Class   | Station     |
|               |  |             |
| 3:00-4:00pm   | Beginner/Intermediate Rolling Clinic   | Station 2   |
| 3.00-4.00pm   | On-Water Class   | Station 2   |
|               | Intermediate   |             |
|               | Pre-Requisite  |             |
| 3:00-4:00pm   | Guaranteed Torso Rotation in One Easy Lesson or Your   | Station 3   |
| 3.00 1.00piii | Money Back   | Stations    |
|               | On-Water Class   |             |
|               | Intermediate   |             |
|               | Prerequisite   |             |
| 3:00-4:00pm   | Weird Strokes for Balance, Flexibility, and Paddle   | Station 4   |
|               | Dexterity in Your Boat   |             |
|               | On-Water Class   |             |
|               | Intermediate   |             |
| 3:00 - 4:00pm | Finding the Right Kayak for You/Demo   | Station 5   |
|               | Land Class/On-Water  |             |
|               | Beginner/Intermediate  |             |
| 4:00-5:00pm   | Rolling/Linked Strokes Demonstration   | Dock        |
| 6:00 - 7:00   | Dinner   | Lodge       |
| 7:30-9:30 pm  | Evening Presentations  | Lodge       |
|               | Dre's West Coast Adventure   |             |
|               | WMCKA Raffle / Giveaway  |             |
|               | 1 micro name / direaway  |             |

## **SUNDAY**

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

| 9:05-10:00am   | Navigation Basics  | Lodge        |
|----------------|--|--------------|
| 7.03 10.004111 | Land Class   | Louse        |
|                | Beginner/Intermediate                                      |              |
| 9:05-10:00am   | So, You Want to Learn to Roll                              | Classroom    |
| 7.05 TO.00am   | Land Class   | Classiconi   |
|                | Beginner/Intermediate                                      |              |
| 9:05 - 10:00am | Strengthening and Stretching Exercises for Paddlers        | Lodge Deck   |
| 7.03 10.00am   | Land Class   | Louge Deek   |
| 9:05-10:00am   | Tripping: Packing Your Boat                                | Station 1    |
|                | Land Class   |              |
|                | Beginner/Intermediate                                      |              |
| 9:05-10:00am   | Basic Safety Gear  | Station 2    |
|                | Land Class   |              |
|                | Beginner/Intermediate                                      |              |
| 10:15-11:45am  | Becoming One with Your Boat through Play                   | Station 1    |
|                | On-Water Class   |              |
|                | Beginner/Intermediate                                      |              |
| 10:15-11:45am  | Linking Strokes - Traditional                              | Station 2    |
|                | On-Water Class   |              |
|                | Beginner/Intermediate                                      |              |
| 10:15-11:45am  | Linking Strokes - Euro                                     | Station 3    |
|                | On-Water Class   |              |
|                | Beginner/Intermediate                                      |              |
| 10:15-11:45am  | Basic Rescues/More Rescues                                 | Station 4    |
|                | On-Water Class   |              |
|                | Beginner/Intermediate                                      |              |
|                | Pre-requisite  |              |
| 10:15-11:45am  | Towing   | Station 5    |
|                | On-Water Class   |              |
|                | Beginner/Intermediate                                      |              |
| 12:00-1:00pm   | Lunch  | Lodge        |
| 1:15-2:45pm    | VHF Radios and Other On-Water Communications               | Lodge        |
| -              | Beginner/Intermediate                                      |              |
|                | Land Class   |              |
| 1:15-2:45pm    | Hip Snaps/Bracing - Traditional                            | Station 1    |
|                | On-Water Class   |              |
|                | Beginner/Intermediate                                      |              |
|                | Pre-Requisite  |              |
| 1:15-2:45pm    | Hip Snaps/Bracing - Euro                                   | Station 2    |
|                | On-Water Class   |              |
|                | Beginner/Intermediate                                      |              |
|                | Pre-Requisite  |              |
| 1:15-2:45pm    | Towing   | Station 3    |
| o <u></u> op   | On-Water Class   | 3.0.0.0      |
|                | Beginner/Intermediate                                      |              |
| 1:15-2:45pm    | Women's Clinic   | Station 4    |
| <u></u>        | On-Water Class   | 2            |
|                | Beginner/Intermediate                                      |              |
|                | Pre-requisite  |              |
| 1:15-2:45pm    | Power, Stability, and Control Through Linked Strokes       | Station 5    |
| . J-L.4JU      | Trowel. Stability, alia Collifor Hillonali Filiken Strokes | ו אנמנוטוו א |

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

# **MONDAY**

| Time | Class | Location |
|------|-------|----------|
|------|-------|----------|

| 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  |