

Sebago Kayaking FUNdamentals ACA Level 1

Learn the basics of kayaking with certified instructors in the comfort of a classroom and heated indoor swimming pool!

Three Saturdays at the Flushing Corona Pool

\$85

January 7th – 7:30pm-9:45pm
January 14th and 21st – 7:00pm-9:45pm
January 28th – snow day if needed

Material includes the basics of kayak design, transportation and launching. Students will capsize and exit their kayaks and learn both assisted and solo techniques for getting back in. Fundamental paddle strokes and maneuvers will be taught for easy control of your kayak.

Sebago Rescues and Recoveries

Students learn a wide variety of sea kayaking recoveries for maximum safety

Two Saturdays at the Flushing Corona Pool

\$75

February 4th and 18th, 8:00pm-9:45pm

Rescues taught include the paddle float, paddle float with sling, cowboy, Eskimo reentry and roll, T and T-X. More will be taught as time allows.

Sebago Eskimo Rolling

Learn to right your kayak after a capsize without exiting the boat!

Two Saturdays at the Flushing Corona Pool

\$75

March 3rd, and 17th, 8:00pm-9:45pm

Relieve yourself from the fear of capsizing. A solid Eskimo Roll increases kayaking safety and broadens a paddler's horizons. Students are taught the C to C or Sweep Roll or the Eskimo Roll of their choice.

Advance Registration Required

Contact Walter at kayaker824@gmail.com to register