

Kayak Lessons at Guelph Lake - June 15-16, 2019

All lessons are a half day in length. Morning lessons start at 9AM sharp. Afternoon lessons start at 1:30PM sharp. All lessons are **\$95**, taxes included, rental boat and all gear included - With your own boat & gear - **\$80**, taxes in. If wanted you may combine Basic Beginner with Basic Safety & Rescue or both refresher courses for a full day lesson. Guelph Lake Conservation Area is just north of Guelph; there is an entrance fee payable at the gate. We will be in the parking lot opposite the beach at the entrance to "The Island". **Please note:** there is a triathlon taking place there this weekend – please allow lots of time to make your class. Camping is available on site.

Name	Description	Prerequisite
Basic Beginner Lesson	All the basics - mandatory equipment, correct way to enter & exit, basic strokes, wet exit and rescue.	Nothing except enthusiasm and an eagerness to learn!
Basic Safety & Rescue	For the paddler who hasn't done wet exits and rescues, or has done it only once and wants to get more comfortable with them.	No experience required but does assume you have paddled before.
Basic Refresher	All the basic strokes with emphasis on improving techniques, and maybe a few new strokes. Intro to edging.	You've had a basic lesson, and done a wet exit and rescue previously.
Refresher Safety & Rescue	Assisted and self rescues – improve the technique and do it better and quicker.	You've done wet exits and rescues, but want to get quicker or improve technique.
Advanced Rescue/Learn to Roll	Cowboy scramble, bow rescues, re-enter & roll, and other creative ways to get back in your boat. Class may be divided according to what people want to work on	You've mastered the basic assisted and self rescues. Must be comfortable staying in your boat upside down!
Advanced Skills	Covers strokes, combining strokes, edging, etc. Class may be divided according to what people want to work on.	Requires good knowledge of basic strokes. Will not include rescues.
Paddle Canada Basic Kayak Certificate	Take both Basic beginner and Basic Safety & Rescue and earn the Basic Kayak certificate	Nothing except enthusiasm and an eagerness to learn!

Scheduling – Tentative

Saturday		Sunday	
9AM – 12 Noon	1:30 – 4:30 PM	9AM – 12 Noon	1:30 – 4:30PM
Beginner	Basic Safety/Rescue	Beginner	Basic Safety & Rescue
Basic Refresher	Refresher Safety & Rescue	Advanced Skills	Advances Rescues/Rolling

FINE PRINT

1. All participants in lessons must be members of the Halton Outdoor Club.
2. PFDs must be worn at all times on the water.
3. Instructors have the right to move students to a different class at their discretion
4. Sea kayaks and safety gear is provided for all beginner & basic refresher classes. For more advanced classes, it is expected you will have your own boat and gear so please specify if you need anything.
5. All participants who are bringing their own kayaks are responsible for ensuring they have all the required safety gear, and preferably a paddle float as well. All kayaks must have two watertight compartments for buoyancy.
6. Any cancellation must be made by email no later than Sunday, June 9th. Cancellations after this date may be refunded only if we find someone to take your place.