

Skill	Class Name	Who	Description
A	Intro to River Kayaking (Both days required)	For brand new kayakers Pre-requisite: You must have taken a pool class and have been on moving and have been on moving water at least once.	We begin this course on dry land with gear review, discussion of river and safety basics, land based demo and practice of basic boat control and recovery skills, (which is all much more fun than it sounds!) and will progress to moving water on day one. On the water boaters will work on getting comfortable with executing all the basics in a current, including strokes, balance, posture and edging in order to successfully perform eddy turns, peel outs, ferrying and more.
B	Go With The Flow	A float trip with the focus on SAFETY.	A safe, mellow, chillaxin' float trip for those who prefer a low- stress experience. No intensive skills drills, this is a fun but instructional cruise requiring mild effort. The group(s) can determine their own focus, whether it's discussion about reading whitewater or safety scenarios, or what-have-you. Talk to your Trip Leaders to customize your trip.
B	Beginner/intermediate Fundamentals	For kayakers who have been on more than 5 moving water trips and want to build skills and confidence. There will be an emphasis on river skills.	A river trip where we'll work on paddle strokes, bracing, edging, eddy turns, peel outs, ferries, rolling and river reading to maximize your future fun factor. Participants are encouraged to ask questions and let the Instruction Team know which skills they most want to work on. Emphasis will be placed on river running and skills drills.
B/C	Boating Betties	For the ladies, taught by the ladies	Play and practice, instructional, in your hard shell kayak. Strokes, edges, river reading and maneuvering; roll practice/refinement; and intro to surfing. A river roll is not required, but interest in progressing is. At minimum, you should be comfortable and experienced on Class II/II+ with a desire to develop competence on Class III water.
C	Intermediate Fundamentals	For kayakers who have some confidence on moving water but want to work on skills. There will be an emphasis on rolling.	A river trip where we'll work on paddle strokes, bracing, edging, eddy turns, peel outs, ferries, rolling and river reading to maximize your future fun factor. Participants are encouraged to ask questions and let the Instruction Team know which skills they most want to work on. Emphasis will be placed on river running and skills drills.
C	Level Up - Building Confidence for Class III	For kayakers who want to solidify their confidence in Class 3 Whitewater	For assertive boaters who want to get to the next level! This clinic will grill and drill and improve your skills. We'll be working mostly in a particular rapid, practicing stroke efficiency and advanced eddy hopping by running a particular predetermined route utilizing specific series of maneuvers. You'll benefit from specific, candid individual critiques (and possibly, immediate video feedback, if we are able to obtain tablets to use and volunteers to video). Once you get your critique, you'll portage back to the top and run the designated course again. And again. You won't believe what you see and how much you learn!
D	Intro to Playboating	River Roll required	Want to take your paddling to the next level? Gain balance, boat control, fear control and best of all build a bomb-proof roll. This class will take you through a proven progression that world champion kayakers have used to push the limits. But don't worry, all you need is a good roll and willingness to take your paddling to the next level. The class will start with a warm-up routine to prevent injury, flatwater balance drills, fundamentals of kayak surfing, side-surfing, and spinning. The best part is all these skills will make you more confident in your roll and river running.
D	Advanced Instruction - Building Confidence for Class IV	For kayakers who want to solidify their confidence in Class 4 Whitewater. River Roll required.	For assertive boaters who want to get to the next level! This clinic will grill and drill and improve your skills. We'll be working mostly in a particular rapid, practicing stroke efficiency and advanced eddy hopping by running a particular predetermined route utilizing specific series of maneuvers. You'll benefit from specific, candid individual critiques (and possibly, immediate video feedback, if we are able to obtain tablets to use and volunteers to video). After drilling on the first day you will use your skills to run a section of Class IV on Sunday.