

# Learn the art of Kayaking! Castine Kayak Courses 2011

to signup call: 866-3506 [www.castinekayak.com](http://www.castinekayak.com)



## Beginner Kayaking!

### Basic Kayak Skills-What you need to know!

#### ACA-Level 1, Orono

5/31-6/9 Tues and Thursday (4 sessions)

5:30 - 7:30 pm, Pushaw Lake, Orono

Price: \$145 pp w/own gear, \$180pp(with gear provided)

### Kayak Skills-Intro to Sea Kayaking

#### ACA-Level 1, Castine

6/14-6/23 Tues and Thursday (4 sessions)

5:30 - 7:30 pm, Castine area

Price: \$145 pp w/own gear, \$180pp(gear provided)

### Intro to Sea Kayaking: One day Workshop

#### Castine

6/11 Sunday

Price \$125

Shorten the learning curve and get geared up for a summer of adventure! In this course we'll cover kayaking basics, from proper boat fit and entry, paddle size and use, rescue strategies and capsizing prevention, what boat is right for you, essential equipment to paddle safely, where to paddle.

### What Now? Rescue Skills Clinics

Orland, at Orland River Days

6/25, Saturday:

Price \$20 pp (special for River Day Festivities!)

What's your rescue plan? Learn strategies that work for you and your boat to be able to deal with a capsizing! Partnership and Self Rescue Techniques are a must on the water! Prepare for the worst - enjoy the best!

**Gift Certificates Available!**

## Maine Sea Kayak Guide Training Course



Comprehensive Guide Training Course (50 hours) Great training for advanced kayakers too! Learn what you need to know to prepare a safe, fun trip!

**May 14, 15**

**May 20, 21, 22**

**Description:** This in-depth course is designed to prepare future sea kayak guides and kayaking leaders with essential skills necessary to teach kayaking, identify potential hazards, make informed decisions, plan trips and manage groups on the marine waters of Maine and beyond! Test expectations and scheduling will be included as part of the course.

**Fee: \$475**

### ACA Kayak Trip Leader Certification:

#### Two Day course

This American Canoe Association Certification course is specifically designed for club, camp and school trip leaders to focus on group dynamics and risk assessment and reduction is leading groups on the water. Please see web for scheduling or contact us for custom workshops!

**June 4 and 5**

**Fee: \$250**

### Rolling Instruction:

The most efficient rescue is the eskimo roll. Learning the roll will save valuable time and improve your kayak maneuvering skills. Challenge yourself. We'll focus on all the components of the roll, then put all the pieces together in the second session to master the "roll."

**Fee: \$100 2 hour private session** by appointment

Groups: min of 3/\$50pp by appointment

### PKT: Personal Training Plans:

The Your customized Kayak Training Plan will be tailored to you! See the web or call for details!

## Navigation Series!

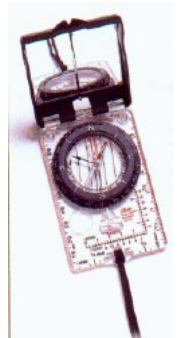
### Coastal Navigation for Kayakers Map n Compass and GPS basics

4/21, 4/26, 4/28 : 6-8pm

5/7 9am -3pm on water practical

Price: \$195 (4 sessions)

In this hands on navigation course you'll learn how to use tools that will allow you to navigate from the deck of your boat. Enhance your ability to use a compass, read maps and charts and understand how to determine your location. Learn how to plan your trip based on tides, currents and boating traffic. Each lesson will be followed by a fun challenge of your new skills!



Private lessons available!

### Kayak Skills One Day

#### Workshops

#### ACA Levels 1-4

**Fee: \$105/with own gear**

**\$125/gear provided**

Progress from a beginner to an advanced kayaker through instruction and assessment. You will receive level 1-4 Awards as you accomplish each level! Take the next step up from beginner when you are ready for technique refinement. Learn the art of kayak maneuvering by edging, leaning and bracing. Fine tune boat control in wind and waves. Understand the effect of tides and currents and enhance your trip planning.

**June 11: Level 1 Beginner Kayaking**

**June 12: Level 2 Coastal Kayaking**

**July 9: Level 3 Intermediate Coastal Kayaking**

**July 10: Level 4 Advanced Coastal Kayaking**



Private Lessons  
or Customized Group Workshops  
available!