

Description: This sea kayak course includes a comprehensive 2 day introduction to the skills and theory needed for day trips. A course manual is provided.

Saturday is focused on technical kayaking skills and rescue training, based from the Penn Lake Campground

Sunday is a day trip based from Hattie Cove in Pukaskwa National Park and includes a skills review and paddling day trip. Park's Canada is waiving paddler's entry fee.

There are no course pre-requisites and our focus is on learning, fun and safety. For those who wish, the Paddle Canada Sea Kayak Level I certification may be awarded.

Course Cost (taxes included):

- Saturday and Sunday course: \$240 ~ Saturday only: \$150
- Paddle Canada Certification if desired: \$25

Boat Rentals (taxes included): \$47 day or \$81 for the weekend

Instructor/Student ratio: 1:6. Instruction from certified Paddle Canada instructor(s).

Dates and Location:

Saturday Aug 7 8:30 am – 4:30 pm	Meet at Pen Lake Campground (camping available) Bring a lunch, snacks and a change of clothing. Day's focus will be on instruction. You'll be getting wet.
Sunday Aug 8 9 am – 3:30 pm	Meet at Hattie Cove Interpretative Centre Day's focus will be on practicing skills as part of a day trip. Bring a bag lunch and snacks in water resistant bag.



Topics:

Safety	Theory	Skills
Wet exit T-Rescue Bow rescue Self rescue	Sea kayak design and outfitting Paddle design and selection Safety gear and Paddle Clothing Weather and Navigation Planning a day trip First Aid	Lift and carry/ Launching and landing Balancing and edging Forward and reverse strokes Sweep strokes and pivots Draw strokes Support strokes (high & low brace)



Evaluation and Certification: Our objective is to provide you with skills required to safely and effectively handle a kayak in sheltered water conditions. We can also certify those qualified and wishing to attain Paddle Canada Level 1 skills certification.

In 2008, Sea Kayaker Magazine awarded Naturally Superior Adventures with the Readers Choice Award for sea kayak tours and Instruction in Canada. Our goal for this course is to provide a fun and comfortable learning experience for all who participate.

Registration: Participation is currently limited to 12 paddlers. To register contact us rock@naturallysuperior.com or call us at 1-800-203-9092. **If you need a rental sea kayak, please let us know your height and weight.**

For information about Naturally Superior Adventures and to register, visit our website at www.naturallysuperior.com.

Naturally Superior Adventures

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