

ADULT PROGRAM - SYMPOSIUM SCHEDULE - 2008

FRIDAY

7:00pm -8:00pm Introduction to the Symposium - Classroom

8:00pm - Lodge: Video event - Watch Kayak Journal sea kayaking videos and Lunch Video Magazine whitewater videos

SATURDAY

Time	Class	Location
7:15-8:00 am	Sunrise Sustenance (yoga and stretching)	Lodge Deck
8:00-9:00 am	Breakfast	Lodge
8:45- 9:15am	Introduction to the Symposium (B)	Classroom
9:30-10:30am	DEMO TIME (There are no on water classes during this time)	
9:30-10:15am	Watching the Weather(Suggestion #2 for Recreational Track)	Lodge Deck
	Dressing for Paddling (Suggestion #1 for Recreational Track)	Lodge
Novice/beginner track	Introduction to Kayaking - On Shore Basics Suggested for Novice/Beginner	Classroom
	Fitting Your Boat to You	Station 1
	Safety Equipment	Station 2
10:30-11:45am		
	Basic Navigation	Lodge
Rec kayaks	Recreational Kayak Track (continues into the afternoon)	Station 1
Novice/beginner track	Introduction to Kayaking: Launching Your Boat/Wet Exits (B) (H2O) Suggested for Novice/Beginner	Station 2
	Paddling - Basic Strokes (Greenland) (H2O) Appropriate for all levels	Station 3
	Paddling - Basic Strokes (Euro) (H2O) Appropriate for all levels	Station 4
	Rolling Instruction	Lodge Deck
	Advanced Rescues Must have done a T-rescue (If you don't know what that is - this is not the class for you)	Station 5
12:00-1:00	Lunch	Lodge
1:00 -2:00 pm	DEMO TIME	
2:00-3:15PM		
Novice/beginner track (AM repeated)	Introduction to Kayaking - On Shore Basics/Launching Your Boat/Wet Exits (B) (L/H2O) Both sessions suggested for	Lodge Deck

	novices/beginners who did not take the class in the morning	
	River Paddling 101	Classroom
	Balance and Flexibility in Your Boat (H20) Suggested for Intermediate Paddlers	Station 2
	Recreational Kayak track continues (H20)	See instructor Jon Holmes for location
Novice/beginner track	Basic Rescues (h20) All levels - must have done a wet exit before coming to class	End of Dock
	Paddling - More Strokes and Bracing (Greenland) (H20) OK for Paddlers of all levels	Station 3
	Paddling - More Strokes and Bracing (Euro) (H20) OK for paddlers of all levels	Station 4
	Women's Clinic (H20) Suggested for Female paddlers of all levels 1) Euro paddling 2) Greenland paddling	Station 5: Euro Station 1: Greenland
3:15 - 4:15pm	Rolling/Towing Demonstration	Dock
4:15 - 5:45pm	DEDICATED DEMO TIME	
4:30-5:30pm	Hypothermia	Lodge
	Where to go: kayaking trips in the Midwest	Classroom
	Individualized Instruction (H20) Rolling instruction	Station 3
	Stretching on Land to Increase Balance/Flexibility in Your Boat FOLLOW UP TO ON WATER BALANCE CLASS	Lodge Deck
6:00-7:00pm	Dinner	Lodge
7:30- 8:30pm	Leon Somme and Shawna Franklin	Lodge
9:00 - 10:00pm	Night Paddle (H20)	Dock

SUNDAY

Time	Class	Location
7:15 - 7:45am	Sunrise Sustenance (Yoga)	Lodge Deck
7:15- 7:45am	Morning Mediation	Chapel area
8:00 - 9:00am	Breakfast	Lodge
9:30 - 11:30am	Advanced Navigation (continuation from Saturday - must have attended on Sat)	Lodge
9:30-10:15am	Partner Paddling	Lodge Deck
	Boat Repair	Classroom
	Dressing for Paddling (repeat class)	Lodge
	Safety Equipment	Station 1
	Loading Boats on vehicles	Parking Lot
9:30-?	Back Country Gourmet	Pavilion
9:00 - 10:30am	DEDICATED DEMO TIME (no on water classes)	
10:30-11:45am	River Paddling 101	Lodge
	Becoming One With Your Boat thru Play (H20)	End of Dock
	Paddling - Basic Strokes (Euro) (H20)	Station 1
	Paddling - Basic Strokes (Greenland) (H20)	Station 2
	Basic Rescues (H20)	Station 3
	Advanced Rescues (H20) (Be familiar with a T-rescue)	Lodge Deck
	101 Uses for a Paddle Float (H20)	Station 4
Intermediate level	Hitting the target through precision paddling: How to get your boat where you want it to be	Station 5
12:00-1:00pm	Lunch	Lodge
1:00- 130pm	DEDICATED DEMO TIME	
1:30 - 2:30pm	Rules of the Road/Signaling Devices	Lodge Deck
	Feldenkrais Method for paddlers (bring a blanket or pad to lie on)	Inside lodge
	Paddling - Bracing with some stroke work (Euro) (H20)	Station 1
	Paddling - Bracing with some stroke work (Greenland)(H20)	Station 2
	Women's Clinic (H20) Euro Paddling	Euro: 3
	Greenland Paddling	Greenland: 4
	Winging it: Learn to paddle with a wing paddle (H20)	Station 5
	Balance and Flexibility in the Boat (H20)	
245pm-345pm	Greenland Boat and Paddle Design	Classroom
	Stretching on Land to Increase your Balance and Flexibility on the Water FOLLOW UP TO ON WATER BALANCE CLASS	Lodge Deck
	Basic and Advanced Rescues (H20)	Station 1
	Rolling instruction Static brace instruction	Station 2

	Towing (H20)	Station 5
	Packing your boat for a day/overnight trip	Station 4
	Paddling: strokes and bracing (Euro)	Station 3
4:15-5:15pm	Rodeo (H20)	Dock
6:00 - 7:00pm	Dinner	Lodge
7:00 - 8:00pm	Panel - Paddling with kids and groups	Lodge
8:00pm - ?	Dancing with Betsie and the Band!!	Lodge
8:00 - 10:00pm	Wine and Cheese Party	Lodge

B = On Saturday's schedule, there are three classes marked with a (B). These are classes designed for beginning kayakers. It is highly recommended that those just starting their kayak adventures take these classes before moving on to more advanced water classes.

H20 = Classes marked with an (H20) are classes that will be held on the water. Participants attending these classes should come to the class dressed for paddling and possible submersion.

MONDAY

Time	Class	Locations
8:00 -8:45am	Breakfast	Lodge
9:00-1:15am	Group Paddle: Putting It All Together (H20)	Station 4
9:00 - 10:30am	Individual Instruction (H20)	Station 1
	Loading your boat on your vehicle	Parking Lot
	Advanced And Basic Rescues (H20)	Station 2
10:45 - 11:30am	Individual Instruction (H20)	Station 1
	Towing (H20)	Station 2
	Becoming One with your Boat through Play (H20)	Station 3