

ADULT PROGRAM - SYMPOSIUM SCHEDULE - 2009

FRIDAY

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

8:00pm - Lodge: Video event - Ron Smith will share his slides from the Smith Alaska adventure

SATURDAY

Time	Class	Location
7:15-8:00 am	Feldenkrais for Paddlers	Lodge Deck
8:00-9:00 am	Breakfast	Lodge
8:45- 9:15am	Quick Introduction to the Symposium (Beginner)	Classroom
9:00 - 11:45am	BCU 3 Star training (continues into the afternoon) Appropriate for both Traditional and Euro style paddlers	Station 1
9:15-10:15am	DEMO TIME (There are limited on water classes during these times)	
9:15-10:00am	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
Limited to 6 people - \$10 charge for materials	Fitting Your Boat to You	Station 1
	Safety Equipment	Station 2
10:15-11:45am		
	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) (H20)	Station 2
	Paddling - Basic Strokes (Traditional) (H20) Appropriate for all levels	Station 3
	Paddling - Basic Strokes (Euro) (H20) Appropriate for all levels	Station 4
	Hip Snap/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	DEMO TIME	
1:00 -3:30 pm	BCU 3 Star training continues from am session	
2:00-3:30PM		
Novice/beginner track (AM repeated)	Introduction to Kayaking - On Shore Basics/Launching Your Boat/Wet Exits (B) (L/H20) Both sessions suggested for novices/beginners who did not take the class in the morning	Lodge Deck
	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 (Traditional) (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) Traditional paddling	Station 5: Euro Station 1: Traditional
3:30 - 4:30pm	Rolling/Towing Demonstration	Dock
4:30 - 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
6:00-7:00pm	Dinner	Lodge
7:30- 8:30pm	Jeff Allen	Lodge
9:00 - 10:00pm	Night Paddle (H20)	Dock

SUNDAY

Time	Class	Location
7:15 - 7:45am	Feldenkrais for Paddlers	Lodge Deck
7:15- 7:45am	Morning Mediation	Chapel area
8:00 - 9:00am	Breakfast	Lodge
8:45 - 10:15	DEDICATED DEMO TIME (no on water classes)	
9:30 - 11:30am	Advanced Navigation (continuation from Saturday - must have attended on Sat)	Lodge
9:30-10:15am	Beginners guide to expedition planning	Lodge Deck
	Boat Repair	Classroom
	Dressing for Paddling (repeat class)	Lodge
	Safety Equipment	Station 1
	Loading Boats on vehicles	Parking Lot
9:30-10:30	Green Grocer	Pavilion
10:30-11:45	Back Country Baker	Pavilion
10:15-11:45		
	Becoming One With Your Boat thru Play (H20)	End of Dock
	Paddling - Basic Strokes (Euro) (H20)	Station 1
	Paddling - Basic Strokes (Traditional) (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 - 3:00	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) Appropriate for paddlers of all levels	Station 1
	Paddling - Bracing with some stroke work (Traditional)(H20) Appropriate for paddlers of all levels	Station 2
	Women's Clinic (H20) Euro Paddling	Euro: 3
	Traditional Paddling	Greenland: 4
Limit to 6 people - \$10 charge for materials	Fitting your boat to you	Station 5
3:00-4:15pm	Traditional Boat and Paddle Design	Classroom
	Partner Paddling	Lodge Deck
	Basic and Advanced Rescues (H20)	Station 1
	Rolling instruction Static brace instruction Should be familiar with hip snaps and bracing	Station 2
	Towing (H20)	Station 5
	Packing your boat for a day/overnight trip	Station 4
	Paddling: strokes and bracing (Euro) Good for all	Station 3
4:30-5:30pm	Rodeo (H20)	Dock
6:00 - 7:00	Dinner	Lodge
7:15 - 8:00pm	Panel - Distance paddling/expeditions/fitness paddling	Lodge
8:00pm - ?	Dancing with Betsie and the Band!!	Lodge
8:00 - 10:00	Wine and Cheese Party	Lodge

MONDAY

Time	Class	Locations
8:00 -8:45am	Breakfast	Lodge
9:00-1:115am	Group Paddle: Putting It All Together (H20)	Station 4
9:00 - 10:30	Individual Instruction (H20)	Station 1
	Loading your boat on your vehicle	Parking Lot
	Advanced And Basic Rescues (H20)	Station 2
10:45 - 11:30	Individual Instruction (H20)	Station 1
	Towing (H20)	Station 2
	Becoming One with your Boat through Play (H20)	Station 3