

2010 WMCKA ADULT PROGRAM SYMPOSIUM SCHEDULE

FRIDAY

Introduction to the Symposium

Steve Adsmund/Michael Gray

7:00-8:00 pm - Classroom

Kayaking Videos/North Shore Lake Superior Presentation

9:00 p.m. presentation by Ron Smith

8:00-10:00 pm - Lodge

SATURDAY AND SUNDAY

BCU 3 Star Training

Bonnie Perry

Lyn Stone (Saturday); Alec Bloyd-Peshkin (Sunday)

9:00-11:45 am and 1:00-3:30 pm Saturday

9:00 am - 3:00 pm Sunday (On Lake Michigan)

Station 1

Intermediate Paddlers Only - Class Size Limit

Must Have a Helmet

The Course Schedule - Getting the Most Out of Your Symposium

On the following pages is the course schedule for the symposium.

For each course, the class name is in bold.

Below the course name, additional information about the class is provided.

The first line below the class name, will tell you whether the course will be held on land or on the water. If it is a water class, you need to come to the class dressed to be on the water and for possibly being in the water.

The second line below the class name, provides information on the type of paddler(s) for which the class is recommended.

For some classes, a third line of information is provided.

This line will tell you whether or not there is a pre-requisite for the class. A pre-requisite may be required attendance at another class offered at the symposium or a skill that would be needed before attending the class. For classes, which have pre-requisites, these requirements are included on the Course Description Sheet.

This line will also tell you whether there is an extra cost for the class or whether materials will be available for purchase. Information about costs can also be found on the Course Description Sheet.

In addition, this line will tell you if there is a class size limit. For classes with a size limit there will be a sign-up sheet at the Registration Desk.

SUGGESTED BEGINNER TRACK

(For students with little or no experience with kayaks and no wet exit)

Friday or Saturday: Quick Introduction to the Symposium

Saturday

<u>Time</u>	<u>Recommended Class</u>
9:15-10:10 am	Introduction to Kayaking - On-shore basics
10:15-11:45 am	Introduction to Kayaking - Launching/Wet Exits
1:00-2:00 pm	Demo Kayaks (good chance to try out different kayaks)
2:00-3:25 pm	More Strokes (Traditional or Euro.) OR Women's Clinic
3:30-4:25 pm	Rolling/Towing Demonstration
4:30-5:30 pm	Any (EXCEPT Rolling)

Sunday

<u>Time</u>	<u>Recommended Class</u>
9:15-10:10 am	Dressing for Paddling (preferred) OR any other
10:15-11:45 am	Becoming One with Your Boat through Play OR Introduction to Bracing
1:30-2:55 pm	Any land or water class (EXCEPT More Bracing)
3:00-4:15 pm	Basic Rescues OR More Strokes
4:30-5:30 pm	Rodeo

Monday

<u>Time</u>	<u>Recommended Class</u>
9:00-11:15 am	Group Paddle OR Basic Rescues
10:30-11:15 am	Individual Instruction

Hints & Tips for Beginners

- Make sure you take Introduction to Kayaking 1 & 2 either Saturday or Sunday
- Do the wet exit - it is a pre-requisite to most of the on-water classes
- Get a Basic Rescues class in sometime during the weekend
- You need to have a solid hip snap and some bracing experience BEFORE attending a rolling class.

SUGGESTED ADVANCED BEGINNER TRACK

(For student who have kayaked a number of times and who have done one or more wet exits)

Friday or Saturday: Quick Introduction to the Symposium

Saturday

<u>Time</u>	<u>Recommended Class</u>
9:15-10:10 am	Introduction to Kayaking - On-shore Basics OR One of the other land classes
10:15-11:45 am	Navigation (Part I) OR Basic Strokes
1:00-2:00 pm	Kayak Demos (good chance to try out different kayaks)
2:00-3:25 pm	Basic Rescues
3:30-4:25 pm	Rolling/Towing Demonstration
4:30-5:30 pm	Any land class OR individualized Instruction

Sunday

<u>Time</u>	<u>Recommended Class</u>
9:15-11:30 am	Advanced Navigation (Part II)
9:15-10:10 pm	OR any land class
10:15-11:45 pm	Becoming One with Your Boat through Play OR Introduction to Bracing
1:30-2:55 pm	Any land class OR More Strokes OR Women's Clinic
3:00-4:15 pm	Basic Rescues OR land class

Monday

<u>Time</u>	<u>Recommended Class</u>
9:00-11:15 am	Group Paddle: Putting It All Together OR
9:00-10:25 am	More Rescues OR Individual Instruction
10:30-11:15 am	Rolling OR individual instruction

Hints & Tips for Advanced Beginners

- Get a Basic Rescues class in sometime during the weekend
- Take the Introduction to Bracing Class - you need to have a solid hip snap and some bracing experience BEFORE taking a Rolling class.

SATURDAY

Time	Class	Location
8:00-9:00 am	Breakfast	Lodge
8:45- 9:15am	Quick Introduction to the Symposium Land Class First-Time Symposium Participants	Classroom
9:15-10:10 am	DEMO TIME	Beachfront
9:15-10:10 am	Watching the Weather Land Class Recreational/Beginner/Intermediate	Lodge
9:15-10:10 am	Building a Skin on Frame Boat Land Class Recreational/Beginner/Intermediate	Lodge Deck
9:15-10:10 am	Introduction to Kayaking - On Shore Basics Land Class Recreational/Beginner	Classroom
9:15-10:10 am	Leadership and Rescues - Part I Land Class Intermediate	Pavilion
9:15-10:10 am	Safety Equipment Land Class Recreational/Beginner/Intermediate	Station 1
9:15-10:10 am	Fitting Your Boat to You Land Class Beginner/Intermediate Extra Charge/Class Size Limit	Station 2
10:15 -11:45 am	Navigation Basics - Part I Land Class Beginner/Intermediate	Lodge
10:15-11:45 am	Hip Snap/Rolling Instruction Land Class Beginner/Intermediate	Lodge Deck
10:15- 11:45 am	Recreational Boats Are Kayaks Too! (Part I) On-Water Class Recreational	Station 1
10:15- 11:45 am	Introduction to Kayaking: Launching Your Boat/Wet Exits On-Water Class Beginner	Station 2
10:15-11:45 am	Basic Strokes -Traditional On-Water Class Beginner/Intermediate	Station 3
10:15 -11:45 am	Basic Strokes - Euro On-Water Class Beginning/Intermediate	Station 4
10:15 -11:45 am	Balance and Flexibility in Your Boat On-Water Class Intermediate	Station 5

10:15-11:45 am	Leadership and Rescues - Part II On-Water Class Intermediate Pre-requisite	Station 6
12:00-1:00 pm	Lunch	Lodge
1:00 - 2:00 pm	DEMO TIME	Beach Front
2:00-3:25 pm	Introduction to Kayaking - On Shore Basics/Launching Your Boat/Wet Exits Land and On-Water Beginner	Lodge Deck
2:00-3:25 pm	Recreational Boats Are Kayaks Too! Part II On-Water Class Recreational Pre-requisite	Station 1
2:00-3:25 pm	More Strokes - Traditional On-Water Class Beginner/Intermediate	Station 2
2:00-3:25 pm	More Strokes - Euro On-Water Class Beginner/Intermediate	Station 3
2:00-3:25 pm	Women's Clinic On-Water Class Beginner/Intermediate	Station 4
2:00-3:25 pm	Basic Rescues On-Water Class Beginner/Intermediate Pre-requisite	Station 5
2:00-3:25 pm	More Rescues On-Water Class Intermediate Pre-requisite	Station 6
3:30-4:25 pm	Rolling/Towing Demonstration	Dock
3:30-5:30 pm	Wave Dynamics and Surfing Land Class Intermediate	Classroom
4:30-5:30 pm	DEMO TIME	
4:30-5:30 pm	Hypothermia Land Class Recreational/Beginner/Intermediate	Lodge Deck
4:30-5:30 pm	Where To Go: Kayaking Trips in the Midwest Land Class Recreational/Beginner/Intermediate	Lodge
4:30-5:30 pm	First Aid for Paddlers Land Class Recreational/Beginner/Intermediate	Pavilion
4:30-5:30 pm	Rolling Clinic On-Water Class Intermediate Pre-requisite	Station 1

4:30-5:30 pm	Individualized Instruction On-Water Class Beginner/Intermediate	Station 2
6:00-7:00 pm	Dinner	Lodge
7:30- 8:30 pm	Stepping Stones of Ungava and Labrador	Lodge
9:00 - 10:00 pm	Night Paddle On-Water Lights Required	Dock

SUNDAY

Time	Class	Location
7:15- 7:45 am	Morning Meditation	Chapel Area
8:00-9:00 am	Breakfast	Lodge
8:45-10:15 am	DEMO TIME	Beach Front
9:15-11:30 am	Navigation: Theory to Practice Part II Land Class Intermediate Pre-requisite	Lodge
9:15-10:10 am	Introduction to Expedition Planning Land Class Beginner/Intermediate	Station 1
9:15-10:10 am	Boat Repair Land Class Beginner/Intermediate Class Size Limit/Extra Cost	Classroom
9:15-10:10 am	Dressing for Paddling Land Class Recreational/Beginner	Lodge Deck
9:15-10:10 am	Safety Equipment Land Class Recreational/Beginner/Intermediate	Station 2
9:15-10:10 am	Green Grocer Land Class Recreational/Beginner/Intermediate	Pavilion
10:15-11:45 am	Backcountry Baker Land Class Recreational/Beginner/Intermediate	Pavilion
10:15-11:45 am	Becoming One With Your Boat Through Play On-Water Class Recreational/Beginner/Intermediate	Station 1
10:15-11:45 am	Basic Strokes/More Strokes - Traditional On-Water Class Recreational/Beginner/Intermediate	Station 2
10:15-11:45 am	Basic Stokes/More Strokes - Euro On-Water Class Recreational/Beginner/Intermediate	Station 3

10:15-11:45 am	Basic Stokes/More Strokes - Euro On-Water Class Recreational/Beginner/Intermediate	Station 3
10:15-11:45 am	Basic Rescues On-Water Class Beginner/Intermediate Pre-requisite	Station 4
10:15-11:45 am	More Rescues On-Water Class Intermediate Pre-requisite	Station 5
10:15-11:45 am	Introduction to Bracing On-Water Class Beginner/Intermediate	Station 6
10:15-11:45 am	Hitting the Target Through Precision Paddling: How to Get Your Boat Where You Want It To Be On-Water Class Intermediate Limited Class Size	Lodge Deck
12:00-1:00 pm	Lunch	Lodge
1:00-1:30 pm	DEMO TIME	Beach Front
1:30 - 2:55 pm	Rules of the Road/Signaling Devices Land Class Recreational/Beginner/Intermediate	Lodge Deck
1:30 - 2:55 pm	Fitting Your Boat to You Land Class Class Size Limit/Extra Cost	Pavilion
1:30 - 2:55 pm	Feldenkrais Method for Paddlers Land Class Recreational/Beginner/Intermediate Bring a blanket or pad to lie on	Lodge
1:30 - 2:55 pm	More Strokes - Traditional On-Water Class Recreational/Beginner/Intermediate	Station 1
1:30-2:55 pm	More Strokes - Euro On-Water Class Recreational/Beginner/Intermediate	Station 2
1:30 - 2:55 pm	Rescues for Smaller Rescuers On-Water Class Recreational/Beginner/Intermediate Pre-requisite	Station 3
1:30 - 2:55 pm	More Bracing On-Water Class Intermediate Pre-requisite	Station 4
1:30 - 2:55 pm	Discovery Learning On-Water Class Intermediate	Station 5
1:30 - 2:55 pm	Women's Clinic On-Water Class Recreational/Beginner/Intermediate	Station 6

3:00-4:15 pm	Traditional Boat and Paddle Design Land Class Recreational/Beginner/Intermediate	Classroom
3:00-4:15 pm	Packing Your Boat for a Day Trip or Overnight Trip Land Class Beginner/Intermediate	Pavilion
3:00-4:15 pm	More Strokes - Traditional On-Water Recreational/Beginner/Intermediate	Station 1
3:00-4:15 pm	More Strokes - Euro On-Water Recreational/Beginner/Intermediate	Station 2
3:00-4:15 pm	Basic Rescues On-Water Class Beginner/Intermediate Pre-requisite	Station 3
3:00-4:15 pm	Rolling On-Water Class Intermediate Pre-requisite	Station 4
3:00-4:15 pm	Towing On-Water Class Intermediate	Station 5
3:00-4:15 pm	Hitting the Target Through Precision Paddling: How to Get Your Boat Where You Want It To Be On-Water Class Intermediate Limited Class Size	Station 6
4:30-5:30 pm	Rodeo On-Water for Participants On-Land for Those Who Just Want to Watch	Dock
6:00 - 7:00 pm	Dinner	Lodge
7:00-7:45 pm	Paddling Isle Royale	Lodge
7:45 - 8:30 pm	Backcountry Chef Competition Come taste the food and vote on your favorite chef	Lodge Deck
8:30-12:00 pm	Dancing with Betsie and the Band!!	Lodge

MONDAY

Time	Class	Location
8:00-8:45 am	Breakfast	Lodge
9:00-10:25 am	Loading your Boat on Your Vehicle Land Class Recreational/Beginner/ Intermediate	Parking Lot
9:00-10:25 am	Wacky Strokes On-Water Class Intermediate	Station 1

9:00-10:25 am	Basic Rescues and More Rescues On-Water Class Beginner/Intermediate Pre-requisite	Station 2
9:00-10:25 am	Rolling Clinic On-Water Class Intermediate Pre-requisite	Station 3
9:00-10:25 am	Individualized Instruction On-Water Class Recreational/Beginner/ Intermediate	Station 4
9:00-11:15 am	Group Paddle: Putting It All Together On-Water Class Recreational/Beginner/ Intermediate	Station 5
10:30-11:15 am	Rolling Clinic On-Water Class Intermediate Pre-requisite	Station 1
10:30-11:15 am	Individualized Instruction On-Water Class Recreational/Beginner/ Intermediate	Station 2