

Why?

Do you want to learn to paddle your kayak in a safe and efficient manner? Do you want to develop the skills to paddle your kayak among the islands on the Texas coast? Join us and build your kayaking skills and confidence in a safety-oriented and fun-filled course.

Where?

Intro, Level I, Level II, Eskimo Rolling, and Traditional Kayak Workshops are taught on Central Texas Lakes (usually Lake Travis). Level III Courses are taught on the Texas Gulf Coast where we have access to both the open Gulf of Mexico and protected bays.

When?

Level I: 4/20/02, 5/11/02, & 5/18/02

Level II: 5/12/02 & 5/19/02

Level III: 6/1-2/02

Traditional Kayak Workshop: 6/8/02

If these dates will not work for you, let us know and we will see what we can arrange.

How Much?

Introduction to Kayaking: \$65

Level I & II: \$135

Level III Weekend: \$225

Rolling Workshop: \$65

Traditional Workshop: \$115

What's Included?

Intro, Level I and Level II courses include all necessary kayaking gear.

Level III courses include food and lodging but not gear.

You need to provide your own properly sized and outfitted kayak for the rolling and traditional kayaking workshops.

Prerequisites?

Intro and Level I: Only your enthusiasm!

Level II: Level I course

Level III: Level II Course

Rolling and Traditional Workshops:

Level II Course or similar experience

Mark White is an American Canoe Association (ACA) Instructor in Open Water Coastal (Sea) Kayaking. He is also certified in Wilderness Advanced First Aid. Mark has been kayaking for six years and teaching paddling for three years. An avid paddler, Mark has paddled in Texas, California, British Columbia, Florida, and Maine.

Sea Kayak Instruction



American Canoe
Association Instruction:
Coastal Kayaking
Traditional Kayaking
Eskimo Rolling

Mark White
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Instruction Offerings:

All classes involve a combination of on-shore discussion and on-water demonstrations and practice. Do not worry, you will not be spending the entire class in the boat.

Introduction to Kayak (4-6 hrs)

A brief introduction to kayaking intended to get you quickly and safely on the water:

- Safety
- Equipment
- Launching/Landing
- Basic Strokes and Maneuvers

Level I Coastal Kayak (8 hrs)

An introduction to the sport of coastal kayaking (flatwater instruction):

- Safety
- Equipment
- Launching/Landing
- Strokes and Maneuvers
- Stroke Development
- Basic Rescues

Level II Coastal Kayak (8 hrs)

Advanced Strokes and Maneuvers
(prerequisite - Level I):

- Safety
- Draw Strokes
- Sculling
- Braces & Brace Turns
- Bow and Stern Rudder
- Stationary Draw
- Video Analysis of Strokes

Level III Coastal Kayak (8-12 hrs)

Introduction to Open Water Paddling
(prerequisite - Level II):

- Safety
- Navigation
- Advanced Strokes
- Open Water Rescues
- Surf Launching and Landing

Eskimo Rolling Workshop (4 hrs)

Introduction to the Eskimo Roll:

- Boat Fit
- Hip Snap Development
- Eskimo Roll

Greenland/Traditional Kayak Workshop (8 hrs)

Introduction to Inuit history, hunting implements, and skills associated with Greenland style paddling:

- History
- Tools/Implements
- Kayak Construction
- Narrow Blade Technique
- Rescues
- Sculling and Bracing
- Rolling Workshop

Private Instruction

Custom courses and trips can be arranged to meet your specific needs:

- One-on-One Rolling Instruction
- Video Stroke Critique
- Coastal Camping

Custom Greenland Paddles

Have a custom Greenland paddle or throwing stick crafted for you. Priced on request.