

Discovery Learning

Let Nigel Foster help you “discover” your own hidden kayaking skills in this course. Using his own world famous teaching form you will unlock hidden skills and maybe have fun at the same time!

Towing and Rescues

Towing in all its forms are covered here, contact tows, group tows, in line and others are covered here as well as assisted rescues. Getting people back in their kayaks in different ways for different situations....a must for any on water leaders.

Canoe Skills Refresher

Open canoe skills for the paddler looking to brush up on strokes and boat control skills. This is great for those seeking to take assessments as well as those just wanting to paddle canoes in a more efficient way.

BananaMation

This course will focus on the forces of the water on your boat and how to use your body and your blade to “**get the water to help you**”. The title comes from a creative approach to making these water forces very easy to understand.

Stroke Blending

Learn how to make all those cool strokes you know work together for optimum performance. Also edging and how it effects strokes.

Fun with Foster

Learn to get more out of your paddling skills while having a blast with renowned coach and paddler Nigel Foster and his wife Kristin Nelson.

Mayhem with Maynard

Train with BCU Level 5 Sea coach Steve Maynard in a course where anything can happen to get your skills better honed. Directional control, edging, forward stroke...the course is your to take!

Boat Awareness

Edging, and working the kayak with legs and your core muscles. The course focuses on the Boat part of the adage, Body, Boat, Blade.

Introduction to Open Water

This course gets you the skills to safely get comfortable and competent in open water. Whether its open crossings or just playing around off shore that you want to do, this course will help.

Forward Stroke with Foster.

The forward stroke taught by Nigel Foster will get you thinking about and having a more efficient stroke. Nigel , will share the secrets of his incredibly fluid and efficient forward stroke so you can become a more proficient paddler.

Open Water Tune Up.

For the paddler that hasn't paddled open water in a while or just needs to build their confidence in open water this class will get you up to speed and build on the skills you already have.

Euro, Sculling and bracing.

Keep from falling in with these great foundation skills every paddler should have. From low brace to sculling braces these are skills that most of us use everytime we get in a kayaks. From beginner to experts that need to sharpen their skill.

3 star tune up.

For the paddler that has taken BCU 3 star and wants a refresher on specific skills. Taught in open water, it also is for 2 star paddlers that are curious about the next steps to take.

Tour, Snug Harbor Manatee search.

The water in Snug Harbor,(located behind Sweetwater Kayaks shop), is warm year round and there can be opportunity for manatee viewing as well as Bald Eagle, Dolphin, Osprey, Rosette Spoonbill and a myriad of other creatures. Led by our own David Camp a marine biologist for 30 years.

Foundation Strokes.

These are the strokes every kayaker uses when ever they hit the water. Forward stroke , turning strokes, braces and a bit of theory too. Good as a first try or a refresher course.

Whackey Strokes

Join Nigel Foster in a class that will have you not only thinking outside the box but doing things you never thought possible in a kayak! While some of these strokes are almost too kooky to use they all work and may just give you some skills that aren't so obvious too!

Paddleboard Basics.

Join Brody as he gets you going on an alternative paddle vessel. Stand Up Paddleboards are taking the country by storm and this is a great chance to check it out with a great paddleboard instructor.

Directional Control.

Ever have a hard time getting your kayak to go straight in the wind? This is the class for you then. How to go straight and turn when the wind is in play on your kayak.

Paddling for Women #1 and #2.

Taught by women for women this two part course takes you from basic strokes , knowledge and concerns women have to intermediate skills in the second class, with all of it geared toward a woman's physiology.

Greenland Rolling

There are over 30 different ways to roll a kayak. Take a lesson from Greg Stamer a Greenland Rolling champ, and Greenland Expert. As well as having done some amazing Expeditions Greg is a great coach and will have you rolling with confidence and a Greenland paddle!

Greenland Skills on the move.

Greenland is a whole lot more than rolling. Get the skills in this class to make you a very practical paddler using your Greenland paddle.

Greenland Strokes.

In this course strokes are broken down on flat water. Forward stroke and turning strokes too. The Greenland paddle is a wonderful and ergonomic paddle when used correctly and this class shows what is the best way for you and your Greenland paddle.

Sit on Top paddling.

A course for those folks with sit on top kayaks. Get your kayak to go where you want it to with less effort, also self rescues..outfitting and other concerns and info geared to the sit on top paddler.

Finesse Strokes.

Nigel Foster shows you how to Finesse your kayak or canoe through the water more easily and smoothly. He makes it look so easy and you will too after taking this class.

Kayak Photography (Classroom)

Take morning with Robb Moorman and learn the ins and outs of photography in the outdoors. What kind of gear works best in a kayak environment. How to take those great photos you have always wanted to.

Kayak Photography (Field)

In this course you take the info you have gotten in the classroom and put it to practical use on the water. With real subjects you will get the ideas solidified for taking your own photographs in the future.

Kayak Expedition – camp like a king or go primitive (lecture class)

Camp like a king verse going primitive. See the entertaining realities of both styles of getting out and enjoying an overnight trip. In addition, discover how every person can benefit from a multi day trip on the water. Paddlers will get an entertaining overview of why kayaking is what you make it. Discover the cool high technical and low tech kayaking gear that works for our needs of comfort verse our needs of roughing it.

Kayak cooking – cook like a chef verse eating nuts and berries (lecture class)

See, discuss, and taste the benefits of different high tech and low tech cooking styles. Participate in the comical antics of cooking out of a kayak. Watch and learn high tech and every day cooking methods to easily whip up tasty foods that will impress you paddling mates and give you the energy to realize you paddling goals. Paddlers will end the class by sampling the tasty high-energy foods that was cooked during class.