

Sweetwater Kayaks 2011 Symposium Course Descriptions

2 Star Assessment

BCU 2 Star skills assessed.

3 Star Canoe

BCU 3 Star canoe training taught from one of Britain's best canoe coaches and night club singer.

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.

BCU Navigation

In depth navigation training for paddlers. From chart work and navigational aids, including practical on water exercises, this course teaches you how to here from here to there.

Bracing on the Move

Keep yourself upright while paddling, not just sitting still, but when you really need a brace.

Canoeing for Kayakers

Learn canoe skills to make you a better kayaker. Some of the skill will include blade angle, blade sensitivity, and engaging your core.

Coastal Paddling Skills

Learn the skills that will take you farther on those long days. Learn kayak control from the Master.

Core Paddling

How to engage your core muscles for an easier and more efficient day on the water.

Directional Control in Wind and Waves.

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.

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!

Edging

Edging makes all kayak control so much easier. Learn a confident and stable edge.

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Euro Rolling

Got a Euro blade and don't know how to roll, come learn a great self rescue technique.

Explore Florida

Explore the Snug Harbor area and Weedon Island estuary with Dave Camp, a Florida marine biologist, who will educate you in the environment while you paddle through it.

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.

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.

Foundation Strokes.

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

Fun in the Rough

Learn to play in the waves. Kayak control and risk assessment in rough conditions.

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.

Greenland Open Water

Practical padding on open water using Greenland style paddle strokes to get you up to speed.

Greenland: Practical 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 the best way is for you and your Greenland paddle.

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.

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Group Management

How to keep your group together and moving safely on the water.

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.

Kayak Camping: What to take and how to pack into your kayak!

Special tips on getting your stuff to do “double duty”.

Kayak Repairs

How to repair fiberglass kayaks and what you need to do the job correctly.

Navigation (see BCU Navigation)

Open Water: Currents and Waves

Learn to control your kayak in moving water to the point it fun to do!

Open Water Rescues

Rescues taught and practiced in real open water conditions. What kind works best and easiest? Come and find out.

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.

Paddleboarding for Kayaks

It's all paddlesports!! Learn to be a better kayaker by learning some paddleboard skills.

Paddling for Women

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.

Paddling with Power (see Core Paddling)

Rescues at Sea

How to get people back into their kayaks in open, deep water quickly. How and why different methods are used.

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Rolling: Euro Blade

The “Holy Grail” of kayak self rescues. Get more confidence by learning how to roll your kayak.

Sculling and Bracing.

Ever wish you had an emergency, almost-instantaneous outrigger to help you balance and stabilize your kayak. In this class you will build your own. You will then learn to use it to make your strokes much more easily and all of your paddling more confident, more secure, and more stable. We will help you improve your sweeps, low and high brace turns, bow rudders, hanging draw, and stern rudders.

Stroke Blending

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

Tour: Weedon Island and Snug Harbor (see Explore Florida)

Towing and Rescues

Towing in all its forms is 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.

Towing

Learn the correct and safe methods involved in towing other paddlers.

Turning Strokes

Learn to turn by putting leverage on your kayak in different places.