

SKSA Rolling Development & Refinement

Thoughts

For many rolling is elusive, it may come and go. Many simply cannot pick it up in one lesson. This 4-session class allows time to culture training to your specific needs. We guarantee you will be a better paddler after this class.



Prerequisites: For best results students should bring basic paddling skills to this class including bracing.

Next Step:

Advanced or Native Rolling, private lessons.

Topics Covered

We will work on foundation skills, rolling development and exercises, basic rolls: C-to-C, sweep/screw roll, extended paddle techniques. We will move from this base to advanced techniques: rolling refinement, bomb-proofing your roll, Native rolling, trick rolls

Details and Requirements

This is an SKSA Custom 9-hour, 3-session class. Students coming to this class should have mastery of basic paddling skills, including bracing. The course is planned for group participation in a suitable flat-water environment such as a lake, cove, pool or similar protected water.

Basic Equipment includes a properly outfitted kayak with paddle and related safety equipment including PFD and spray skirt. This equipment will be provided as needed, although it is best to use your own equipment if available. Please advise us on any equipment you plan to bring, before the class.

Personal Equipment recommendations include clothing suitable for immersion (synthetics, no cotton) and water shoes (no open-sided sandals). The student should come prepared for prolonged periods of immersion while practicing skills. Some students prefer to use nose-clips, earplugs, and/or swim goggles during immersion – all are acceptable. Other items of personal responsibility include sunglasses, sunscreen, hat with visor, bug repellent and spare (dry) clothing. In cooler weather or on windy days a wind breaker may also offer comfort.

NOTE: We are not responsible for lost or damaged personal items. Plan to leave electronic keys, cell phones, etc. on shore or in a floating, waterproof container. Consider retention aids for prescription glasses, hats and other items dear to you.

Special Requirements

Please bring your commitment to serious fun and a spirit of adventure. In order to best serve you please advise us of any personal issues when registering so that we can prepare in advance for special paddling equipment. Let us know in confidence of any medical issues prior to the start of class. We can accommodate most concerns.

Costs and Fees

Class Fee	Boat and Gear Rental	ACA Participation Card
\$225.00	Available, Inquire	Not Applicable