

INTENSIVE BEGINNER COURSE



Covering the Basics of the proper stroke, setup of boat, craft handling and safety.

A three part course, conducted by Leda McFadzean, suitable for first time paddlers, anyone new to the sport, and paddlers who would like to learn and understand the key aspects of good technique. Each Session will have you on the water paddling with a coach.

GOALS OF COURSE

- Increase paddling efficiency
- Enhance safety and enjoyment
- Injury prevention
- Optimizing Equipment

STRUCTURE -

3 WEEK COURSE (3 x 1 Session per week)

SESSION 1.

- Introduction & Setup of Equipment
- Safety Concepts
- Stability and Boat Handling

SESSION 2.

- Theory of the Paddle Stroke
- Key points to boat control

SESSION 3.

- Re-mount , Capsize
- Training for Efficiency

FEEES

- Course Only \$150 (BYO equipment)
- Course & Craft \$190 (includes paddle, ski, PFD)

DETAILS

- Course is run on demand & is limited to 6 – 8 paddlers.
- New course approx. every 2nd Month
- From MAYBANKE COVE grass (Western side of Bayview Marina)
- You will perform a series of on land and on water activities .
- Please allow 1 ½ hours for each session and ensure you arrive at least 10mins before the scheduled start.

REGISTER YOUR INTEREST

Please provide the following details
Email one@performancepaddling.net

- Name
- Experience (if any)
- Equipment (if any)