



GO KAYAK SEA KAYAK INSTRUCTION

1215 Lockley Rd, Victoria, BC, V9A 4S9
Ph: (250) 477-9881 / Email: info@gokayak.ca
Web: www.gokayak.ca

What's going on at Go Kayak!

NANAIMO Spring Training 2023 Paddling Program

UPDATED March 22, 2023

To register, email: info@gokayak.ca

Web: <http://www.gokayak.ca/contact.html>

New date added for Kayak Surf Course

Sea Kayak Forward Strokes

Regular price: \$130.00 (GST included)

Club members: \$75.00 (GST included)

. **Friday April 21:** From 10:00 am 12:30 pm

. **Location:** Westwood Lake

Description

This workshop takes you to the heart of the fundamentals of the forward stroke. Through a series of on-land and on-water exercises, you'll become a more effective and stronger paddler.

Sea Kayak Edging and Bracing

Regular price: \$130.00 (GST included)

Club members: \$75.00 (GST included)

. **Friday May 5:** From 10:00 am to 12:30 pm

. **Location:** Westwood Lake

Description

This Edging and Bracing workshop will provide you with the skills to effectively develop reflexive paddle braces and edging your kayak, therefore enhancing your confidence and paddling skills.

Sea Kayak Paddling with your Legs

Regular price: \$130.00 (GST included)

Club members: \$75.00 (GST included)

. **Friday April 21:** From 1:30 pm 4:00 pm

. **Location:** Westwood Lake

Description

This workshop will teach you how to use your legs, lower body, and core muscles to increase your boat control on different paddling strokes.

Sea Kayak Maneuvering and Turning Strokes

Regular price: \$130.00 (GST included)

Club members: \$75.00 (GST included)

. **Friday May 5:** From 1:30 pm to 4:00 pm

. **Location:** Westwood Lake

Description

This workshop teaches you the techniques for turning and maneuvering your kayak in situations. Take control and push your boundaries, you are now in charge of your kayak!

Sea Kayak Surf Courses in Tofino

Regular price: \$310.00 (GST included)

Club members: \$265.00 (GST included)

. **Monday and Tuesday April 24 - 25:** From 10:00 am to 3:00 pm

Description

This course teaches you how to deal with surf by.

1- Avoiding it. Apply knowledge and seamanship to launch and land in surf zone. Very useful when paddling on West Coast Vancouver Island.

2- Learning how to deal with the surf if a wave catches you.

3- Having fun playing in the surf zone, building confidence, and paddling skills.

Accommodation and Transportation

You are responsible for all transportation, park fees, and for all accommodation before, during, and after the course. For accommodation, we do recommend Meares Vista Inn located at 760 Campbell St, Tofino, BC, V0R 2Z0. If so, do not book online, call Mandy directly to get better rates at (250) 522-0188.

Sea Kayak Paddle Canada Level 1 Skills

Regular price: \$325.00 (GST included)

Club members: \$250.00 (GST included)

Course length: 2 days plus online learning

Location: Victoria, Ocean

. **April 1-2:** From 9:00 am to 5:00 pm in Victoria

. **April 27-28:** From 9:00 am to 5:00 pm in Victoria

. **May 25-26:** From 9:00 am to 5:00 pm in Victoria

Description

Building on the information covered in Basic Skills, Sea Kayak Level-1 Skills is a two-day course that moves participants beyond flatwater kayaking and into the sport of sea kayaking.

Sea Kayak Paddle Canada Level 2 Skills

Regular price: \$625.00 (GST included)

Club members: \$530.00 (GST included)

Location: Victoria, No Camping

Course length: 4 days plus online learning

. **April 11-14:** From 8:30 am to 5:30 pm in Victoria,

. **May 11-14:** From 8:30 am to 5:30 pm in Victoria

Description

Building on the skills developed in Level-1, Level-2 provides paddlers with the intermediate skills they need to go sea kayaking in class-2 conditions along semi-exposed shoreline with a possible overnight bivy. Leadership, incident management, open-water rescue, self-care, and navigation are core parts of the curriculum.

To inquire about kayak instruction, Contact us!

Patti Stevens & Yves Aquin

Go Kayak, *your first steps to kayaking!*

Tel/text: (250) 477-9881

Email: info@gokayak.ca / **Web:** <https://www.gokayak.ca>

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