



GO KAYAK SEA KAYAK INSTRUCTION
1215 Lockley Rd, Victoria, BC, V9A 4S9
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What's going on at Go Kayak!

VICTORIA Spring Training 2023 Paddling Program

UPDATED March 21, 2023

To register, email: info@gokayak.ca

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

New dates added for Kayak Surf Course, Baynes Fun and Fun at Trial

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 Baynes Fun

Regular price: \$155.00 (GST included)

Club members: \$75.00 (GST included)

- . **Monday April 10:** From 9:00 am to 12:00 pm at Baynes Channel (Smuggler's Cove)
- . **Wednesday May 10:** From 9:30 am to 12:30 pm at Baynes Channel (Smuggler's Cove)

Description

This course is all about playing in Baynes Channel. We are going to paddle in active water with emphasis on current, paddling and re-entry skills. Participants MUST have Lv2 Skills or equivalent.

Sea Kayak Fun at Trial Island

Regular price: \$155.00 (GST included)

Club members: \$75.00 (GST included)

- . **Thursday April 20:** From 1:30 pm to 4:30 pm at Trial Island (McNeil Bay)
- . **Saturday May 20:** From 2:00 pm to 5:00 pm at Trial Island (McNeil Bay)
- . **Sunday May 21:** From 2:30 pm to 5:30 pm at Trial Island (McNeil Bay)

Description

This course is all about playing at Trial Island. We are going to paddle in active water with emphasis on current, paddling and re-entry skills. Participants MUST have Lv2 Skills or equivalent.

Sea Kayak Beginner and Intermediate Re-Entries

Regular price: \$130.00 (GST included)

Club members: \$65.00 (GST included)

- . **Sunday May 28:** From 1:30 pm to 3:30 pm at Cadboro Bay (Gyro Park)

Description

Learn how to deal with a possible capsize by performing rescue skills such as wet exit, self and assisted re-entries; essential skills to master if you are planning to get into sea kayaking.

Sea Kayak Advanced Re-Entries

Regular price: \$130.00 (GST included)

Club members: \$65.00 (GST included)

- . **Saturday May 20:** From 10:00 am to 12:00 pm at McNeil Bay
- . **Sunday May 21:** From 10:30 am to 12:30 pm at McNeil Bay

Description

Learn how to deal with a possible capsize by performing re-entry skills in moving and dynamic waters. Essential skills to master if you are planning to paddle Vancouver Island West Coast. Participants MUST have Lv2 Skills or equivalent.

Sea Kayak Beginner's Currents

Regular price: \$130.00 (GST included)

Club members: \$65.00 (GST included)

. **Saturday April 8:** From 9:30 am to 11:30 am at Tillicum Bridge

Description

Learn how to paddle in and around currents, ferrying, crossing eddy lines, eddy turn, low brace turn.

Sea Kayak Edging and Bracing

Regular price: \$130.00 (GST included)

Club members: \$65.00 (GST included)

. **Saturday March 25:** From 2:00 pm to 4:00 pm at the Gorge (Banfield Park)

. **Saturday April 8:** From 1:00 pm to 3:00 pm at the Gorge (Banfield Park)

. **Sunday May 28:** From 10:00 pm to 12:00 pm at Cadboro Bay (Gyro Park)

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 Forward Strokes

Regular price: \$130.00 (GST included)

Club members: \$65.00 (GST included)

. **Saturday April 15:** From 10:00 am to 12:00 pm at Cadboro Bay (Gyro Park)

. **Saturday May 27:** From 10:00 am to 12:00 pm at Cadboro Bay (Gyro Park)

Description

Learn how to perform an effective forward stroke without losing efficiency and energy.

Sea Kayak Turning Strokes

Regular price: \$130.00 (GST included)

Club members: \$65.00 (GST included)

. **Saturday April 15:** From 1:30 pm to 3:30 pm at Cadboro Bay (Gyro Park)

. **Saturday May 27:** From 1:30 pm to 3:30 pm at Cadboro Bay (Gyro Park)

Description

Learn how to use the right turning stroke in the right situation. This workshop will teach you how to use different paddling turning strokes without losing efficiency and energy.

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)

Course length: 4 days plus online learning

Location: Victoria, Ocean

- . **April 11-14:** From 8:30 am to 5:30 pm in Victoria, No Camping
- . **May 11-14:** From 8:30 am to 5:30 pm in Victoria, No Camping

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

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