

## BEGINNER THRU ADVANCED KAYAKING INSTRUCTION

all-inclusive weekend ~ great food ~ comfortable lodging ~ adventure presentations



PERSONALIZED ATTENTION



GROUP INSTRUCTION ON A PRIVATE LAKE

### KAYAKING CLASSES

**GEAR UP:** Understand how to choose the proper equipment that will fit you and your goals. Equipment is an investment! This clinic will help you make the right choices. (Required for all paddlers without equipment.)

**GETTING ON THE WATER:** Practice the technique with professional kayakers on how to launch from a variety of shoreline conditions. Plan on getting wet.

**AQUA-MOTION:** Acquire the skills to propel your kayak efficiently through the water from a group of fun and energetic instructors.

**CONFIDENCE & STABILITY:** From the high brace to the low brace, our staff will teach you what it takes to stabilize your kayak in all conditions and have the confidence to explore new waterways.

**SELF & ASSISTED RESCUES:** Get wet and have fun while learning techniques on re-entering into the cockpit from deep water. Towing skills are another safety skill every paddler should know.

**DIRECTIONAL CONTROL:** These advanced strokes and techniques will provide you with the skills to paddle efficiently on your next expedition.

**KAYAK ROLLING:** Learn the secrets and techniques of coordinating your body with your equipment to roll your kayak. Practice, refine and bombproof your roll. (Nose plugs recommended.)

**ADVANCED AQUA-MOTION:** Perfect your torso rotation technique and add speed to your paddling.

**GREENLAND PADDLING:** These traditional techniques have been used since the beginning of kayaking. Transform your style and technique into an art form.

**WOMEN ON WATER:** Specific equipment and techniques explained and taught by women for women.

**EXPEDITION PLANNING:** Pack up the gear and head out on an adventure. We'll teach you what to bring and how to fit it all in your kayak.

**WIND, WEATHER & WAVES:** Don't get stuck in the mud or up the creek without a paddle. We can show you how to read the weather and let the tides and currents assist you on your next journey.

**ECO PADDLER:** Respect nature. Leave no trace professionals will explain techniques that help keep our natural areas wild and pristine.

**CAR TOPPING:** Cam Straps, ropes, bungee cords, tie downs? Don't worry about your kayak flying off your car, we'll show you how to bombproof your car topping technique.

**COLD WEATHER PADDLING:** Learn how to stay warm and comfortable in all weather conditions. Check out what gear and apparel you need to extend your kayaking season.

Questions? Please contact  
Johnny Miller, LLC  
518-424-3986  
jm@johnnymilleradventures.com



# HUDSON VALLEY KAYAK SYMPOSIUM

May 19-21, 2006  
Sharpe Reservation, Fishkill, NY

## DETAILS

### WEEKEND PACKAGES

Price	Packages	Classes	Meals	Lodging
\$395	Friday - Sunday	9	6	2
\$345	Saturday - Sunday	8	5	1
\$275	Friday - Saturday	5	4	1
\$225	Saturday	4	3	
\$195	Sunday	4	2	

### ADDITIONAL COSTS

Kayak & Equipment Rental	\$25/day
Massage Therapy	\$35/30 mins, \$20/15 mins
Private Room	\$50/night



LEARN FROM THE EXPERTS

### WHAT TO BRING?

#### Kayaking and Active Wear

Synthetic layered clothing appropriate for the weather  
Should include, but not limited to the following:

- Long & short sleeve wicking layers
- Long & short sleeve rash guard
- Paddle jacket or drytop
- Farmer John or paddling pants
- Drysuit or semi-drysuit
- Swimsuit
- Long underwear
- Kayaking booties or watershoes

#### Important Extras

- Water bottle, towel
- Sunglasses with retainer
- Sun screen/bloc, insect repellent
- Nose plugs for rolling
- Camera, dry bag, health insurance card

#### Lodging

- Sleeping bag and/or sheets, pillowcase, toiletries
- Casual clothes for evening activities.

Special pricing on kayak clothing & gear available at:



845-265-0221

### WHAT'S INCLUDED?

#### Kayak Instructional Program

- Friday Night Head Start Clinics
- 4 Classes on Saturday
- 4 Classes on Sunday
- Classes are 1 hour and 20 minutes

#### Non-Kayaking Activities

- Friday Night Planetarium Show
- Saturday Night Adventure Presentation
- Campfire S'mores Social
- Hiking

#### Food

- Friday - Dinner
- Saturday - Breakfast, Lunch, Snack, Dinner
- Sunday - Breakfast, Lunch, Snack

#### Lodging

- Shared co-ed & single sex bunkhouses with eight bunk beds, bathroom with 2 stalls, 2 sinks and 2 showers.
- Blankets and pillows are in the bunkhouses.

### NOTES

- Bring your own wine, beer & alcohol.
- No illegal drugs allowed.
- Minimum participant age is 13 years old.
- Event will be held rain or shine.
- All major credit cards accepted.
- Checks payable to Hudson Valley Outfitters.
- If you are bringing a kayak, HVKS must approve it.

### DIRECTIONS

- Take **Exit 13 (Rte 9 North) off of I-84**. At the traffic light go directly across Rte 9 to **Snook Rd**.
- Drive 2 1/2 miles up the hill, staying to the right.
- Follow the signs to HVKS & Sharpe Reservation.



NATURAL SETTING

Questions? Please contact Johnny Miller, LLC 518-424-3986 [jm@johnnymilleradventures.com](mailto:jm@johnnymilleradventures.com)

## WEEKEND SCHEDULE

### FRIDAY

- 3:00 Check-in begins  
**4:00 - 5:30 SESSION 1**  
 1. Gear Up  
 2. Getting on the Water  
 3. Aqua-motion  
 4. Advanced Aqua-motion  
 5:45 Instructor Introduction & Skill Demonstration  
 6:30 Dinner Buffet  
 7:30 Hike to Planetarium Show  
 8:30 Campfire S'mores Social

### SATURDAY

- 7:30 Breakfast Buffet, Check In, Welcome  
 8:00 Morning Stretch  
**9:00 - 10:20 SESSION 1**  
 1. Gear Up  
 2. Getting on the Water  
 3. Aqua-motion  
 4. Advanced Aqua-motion  
**10:50 - 12:10 SESSION 2**  
 1. Getting on the Water  
 2. Aqua-motion  
 3. Self & Assisted Rescues  
 4. Confidence & Stability  
 5. Kayak Rolling  
 12:30 - 1:30 Lunch Buffet  
**2:00 - 3:20 SESSION 3**  
 1. Aqua-motion  
 2. Self & Assisted Rescues  
 3. Confidence & Stability  
 4. Directional Control  
 5. Kayak Rolling  
 6. Women on Water  
**3:50 - 5:00 SESSION 4**  
 1. Self & Assisted Rescues  
 2. Confidence & Stability  
 3. Directional Control  
 4. Kayak Rolling  
 5. Advanced Aqua-motion  
 6. Cold Weather Paddling  
 5:00 Open Paddle on Beaver Lake  
 5:30 Yoga/Pilates  
 6:30 Dinner Buffet  
 7:30 Adventure Presentations  
 8:30 Campfire S'mores Social

### SUNDAY

- 7:30 Breakfast Buffet, Check-in  
 8:00 Morning Stretch  
**9:00 - 10:20 SESSION 1**  
 1. Gear Up  
 2. Getting on the Water  
 3. Self & Assisted Rescues  
 4. Confidence & Stability  
 5. Directional Control  
**10:50 - 12:10 SESSION 2**  
 1. Getting on the Water  
 2. Aqua-motion  
 3. Self & Assisted Rescues  
 4. Confidence & Stability  
 5. Directional Control  
 6. Kayak Rolling  
 12:30 - 1:30 Lunch Buffet  
**2:00 - 3:20 SESSION 3**  
 1. Aqua-motion  
 2. Advanced Aqua-motion  
 3. Women on Water  
 4. Self & Assisted Rescues  
 5. Kayak Rolling  
 6. Expedition Planning & Eco Paddler  
**3:50 - 5:00 SESSION 4**  
 1. Advanced Aqua-motion  
 2. Confidence & Stability  
 3. Greenland Paddling  
 4. Directional Control  
 5. Kayak Rolling  
 6. Wind, Weather & Waves

#### NOTE

First timers, beginners & renters are required to take the following prerequisite classes:  
 1. Gear UP  
 2. Getting on Water  
 3. Aqua-motion  
 4. Confidence & Stability

#### TO REGISTER:

1. Select classes by checking one box for each session.
2. Complete form on other side of this page,
3. Tear this page off and mail to:  
 HVKS, PO Box 1057, Saratoga Springs, NY 12866



JOIN THE FUN

# HUDSON VALLEY KAYAK SYMPOSIUM.com

PO Box 1057  
Saratoga Springs, NY 12866

JOIN THE FUN at  
New York's Premier Kayak Instructional Weekend!  
May 19 - 21, 2006  
Sharpe Reservation, Fishkill, NY

## REGISTRATION FORM

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone 1: \_\_\_\_\_

Phone 2: \_\_\_\_\_

Email: \_\_\_\_\_

Year of Birth: \_\_\_\_\_  Male  Female

Shirt size:  SM  MD  LG  XLG Height: \_\_\_\_\_ Weight: \_\_\_\_\_

\*If you're bringing a kayak, please fill in below information.

Make: \_\_\_\_\_

Model: \_\_\_\_\_

Diet preferences:  Vegetarian List Food Allergies: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

## PAYMENT INFORMATION

### Weekend Packages

Friday - Sunday \$395  
 Saturday - Sunday \$345  
 Friday - Saturday \$275  
 Saturday \$225  
 Sunday \$195

### Kayak and Equipment Rental

Friday - Sunday \$50  
 Saturday - Sunday \$50  
 Friday - Saturday \$25  
 Saturday \$25  
 Sunday \$25

### Extras

Room Single \$50/night Massage  \$20/15 mins  \$35/30 mins

Total Amount: \_\_\_\_\_ I will be paying by:  Check  Visa  MasterCard  Amex

Credit Card number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

### TO REGISTER:

1. Complete above form.
2. Select classes on other side of this page.
3. Tear off this page and mail to:  
Hudson Valley Kayak Symposium  
PO Box 1057  
Saratoga Springs, NY 12866

