

# Beginner Kayaking Class Syllabus

## Session 1 Topics

- Introductions, class logistics
- Gear overview (5 Essentials)
- Getting outfitted in boats, spray skirts, paddles
- How to get into a kayak
- Wet exits
- Sharks and Minnows game
- Body position fundamentals
- Forward sweep stroke
- Forward stroke

## Session 2 Topics

- Hip-snap overview
- Warm-ups
- Hip-snap practice
- Review of previous lessons
- Reverse sweep stroke
- Reverse stroke
- Stern draw stroke
- Bow rescues (aka T-rescues)
- Hand of God rescue

## Session 3 Topics

- Kayak clothing overview/demo
- Warm-ups
- Hip-snap practice
- Bracing
- Side draw stroke
- Rolling
- Boat tilt
- Edging while turning
- FWMWW overview and class wrap-up