



## Course Details

**Course name** *Introduction to paddling*  
**Date** *As booked and confirmed*  
**Location** *Peppermint Grove, Cnr Esplanade & Keane St*  
**Start time** *Please be ready to start at the designated time*

**Course leader** *David Stevens*  
**Contact No** *0411 885 052*

**What to bring** Clothes suitable to paddle in that can get wet

- Bathers and Rashie or thermal top
- Neoprene or quick dry shorts
- Light river shoes or old sneakers
- Light jacket if weather is cool
- Cap and sunglasses secured by a strap
- Water and sun block
- Towel, dry change of clothes, bag for wet items, and
- Snacks, or money to buy refreshments at kiosk

**Format** The session begins with an introduction to various items of paddling equipment, and gets you fitted into a suitable paddle craft and safety gear. A briefing covers the essential safety rules.

Then the lesson progresses to the water in a session covering:

- Craft entry and balance skills
- The basics of how paddle strokes are performed
- The forward stroke
- Some simple methods of turning your craft
- How to stop if required
- Simple support skills to prevent a capsized
- And, most importantly, the opportunity in sheltered conditions to experience paddling the variety of craft that will be available for you to try.

The half day session is an enjoyable opportunity to experience some basic paddling in sheltered conditions, and find out if paddling is for you.

You will be supervised by an experienced instructor who will be happy to answer any questions on how you might progress your interest in paddling if you are keen on further activity.