## **Whitewater Kayak Class Overview**

Whitewater kayak classes at the annual Chota Canoe and Kayak school are for **Beginners** with no paddling experience through **Intermediate** paddlers looking to advance their skills. Beginner students will spend two days paddling on the Hiwassee River. The focus of each class will be learning paddling skills and safety guidelines for paddling Class I-II water. This year we will be adding a class for intermediate boaters that are comfortable on Class III water and want to work on advanced skills.

**Beginner Kayak**: This class will begin on flat water and will progress to the Hiwassee River. Students will learn and practice the basic kayak strokes, eddy-turns, peel-outs, ferries and the all important wet exit. Classes will also cover safety issues and group dynamics on the river. No experience is required.

**Advanced Beginner Kayak**: This class is for students with some experience but who are still building skills for Class II whitewater. Students will review strokes and maneuvers and work on bow rescues and rolls. There will be an emphasis on proper technique for eddy-turns, peel-outs and ferries. Students will also get an introduction to surfing. The class will begin on flat water for review and roll practice and will progress to the Hiwassee. Students will have the opportunity to run the Hiwassee on Saturday and Sunday.

Intermediate Kayak: This class is for students who are comfortable on Class III whitewater and want to work on advanced skills. Students must have a reliable roll on at least one side. You must have paddling experience on rivers such as the French Broad (section 9), Upper Pigeon, Middle Tellico or Ocoee. This class will be on the Ocoee. Students will have the opportunity to work on advanced river running skills, play boating, rolling in current and any other techniques of interest to the group.