

Paddlers' Pool Schedule

Friday, June 15

10:15 - 11:30 a.m.

Basic Kayak 1 Class with Instructor Jerry Rupert (Iowa State University Recreation Services): Introduction to kayaking for people who have never tried kayaking before, but would like to. Only requirement: A willingness to get wet.

10 a.m. - Noon

Dry Skills Work/Paddling Without Water with Instructor Piper Wall (Iowa Whitewater Coalition/ISU Canoe & Kayak Club): Any whitewater kayakers who want to improve their stroke techniques and improve paddling can do a lot of great things on dry land. When water is inaccessible, you can still improve your kayaking technique while making your neighbors wander about you. This class will work on stroke technique (power strokes, maneuvering strokes, bracing strokes) without water, and work on rolls without water. Requirements: Bring your own whitewater kayak, whitewater kayak paddle, and willingness to feel silly.

11:45 a.m. - 1 p.m.

Basic Kayak 1 Class with Instructor Jerry Rupert (Iowa State University Recreation Services): Introduction to kayaking for people who have never tried kayaking before, but would like to. Only requirement: A willingness to get wet.

1 - 3 p.m.

Balancing, Bracing, Maneuvering in Whitewater Kayaks with Instructor Piper Wall (Iowa Whitewater Coalition/ISU Canoe & Kayak Club): Oriented toward beginning kayakers interested in moving on to whitewater paddling, this class focuses on improving your boat control - weight over boat and edging control, keeping your shoulders safe, various braces, various fiddling strokes - work on your ability to be where you want to in flat and moving water. Requirements: Bring your own whitewater kayak, whitewater kayak paddle, being able to roll your kayak in a pool, minimal ability to move your kayak using your paddle, and a willingness to get wet.

3 - 5 p.m.

Playboat Skills to Get Vertical on Flatwater: Work on the skills to take you vertical without whitewater, and improve your play and boat control skills for use in whitewater. Requirements: Bring your own playboat whitewater kayak, helmet, pool roll, whitewater kayak paddle, at least mid-level edging and balance skills, ability to paddle playboat along a desired path on flat water. Target audience is whitewater kayakers who want to learn flat water bow stalls, stern squirts, and cart-wheels.

5 - 7 p.m.

Kayaks for kids! with Instructor Nate Hooegeven (Iowa DNR River Programs & author of *Paddling Iowa*): This class is just for kids 7-12 years old who have never tried kayaking before, or who have, but would like to learn more. Kid-sized kayaks are available with a safe learning environment. Only requirements: A willingness to get wet and be upside-down in a kayak.

Saturday, June 16

10 a.m. - Noon

Advanced Balancing, Bracing, Maneuvering in Whitewater Kayaks: Improving your body and boat control and improving your maneuvering strokes - improve your ability to be where you want to be in rapids for avoiding hazards and playing features. Requirements: Whitewater kayakers with some to considerable experience who are interested in improving their whitewater maneuvering skills will benefit most from this class. Bring your own whitewater kayak, less than 9-feet long, whitewater kayak paddle, pool roll, ability to put your kayak on some amount of edge, some knowledge of braces and draw strokes, ability to paddle kayak along a desired path on flat water.

Noon

Flatwater Freestyle Kayaking Demonstrations with the Prairie Rapids Paddlers

1 - 3 p.m.

Playboat Skills to Get Vertical on Flatwater with Instructor Piper Wall (Iowa Whitewater Coalition/ISU Canoe & Kayak Club): This class is oriented toward people who already have experience with whitewater and want to improve their skills.

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Work on the skills to take you vertical without whitewater and improve your play and boat control skills for use in whitewater. The skills focused on are bow stalls, stern squirts, and cartwheels. Requirements: Bring your own playboat-style whitewater kayak, helmet, pool roll, paddle, at least mid-level edging and balance skills, and an ability to paddle a playboat along a desired path on flat water. Target audience is whitewater kayakers who want to do flat water bow stalls, stern squirts, and cartwheels.

3 - 5 p.m.

Powerful Strokes, Better Strokes: Improving your use of powerful torso muscles to move your whitewater kayak. Requirements: Bring your own whitewater kayak, less than 9-feet long, whitewater kayak paddle, ability to paddle kayak along a desired path on flat water. Target audience is whitewater kayakers who know what forward and back strokes are and want to improve their stroke technique so that paddling is both easier and more effective.

5 - 7 p.m.

Introduction to Kayaking with Instructor Lyle Danielson (Iowa Whitewater Coalition): This class is an introduction to kayaking for any type of kayak (recreational lake or river). You will learn how to safely exit the kayak if you accidentally flip over, some basic paddle strokes, and basic bracing to help keep you from flipping over. Requirements: A willingness to get wet and be upside-down in a kayak.

Sunday, June 17

10 - 11 a.m.

Learning a Graceful Canoe Stroke with Instructor Nate Hoogeveen (Iowa DNR River Programs & author of *Paddling Iowa*): Oriented toward people who have tried canoeing, but have gotten frustrated with keeping the canoe straight and moving efficiently. This class will have dry-land, poolside, and in-water pool components. Requirements: A willingness to get wet.

11 a.m.

Athlete pool warm-ups (Pre-rodeo)

Noon

1st Annual Iowa Flatwater Kayak Rodeo: Whitewater kayakers can do some impressive freestyle moves, even in a pool! Join an exciting competition to see who can throw the most and the best moves in a judged freestyle rodeo. Kevin Cooney will be one of the esteemed judges, watching kayakers do *cartwheels, stern squirts, bow stalls*, and other impressive moves.

3 - 5 p.m.

Introduction to Kayaking with Instructor Lyle Danielson (Iowa Whitewater Coalition) and Nate Hoogeveen (Iowa DNR & author of *Paddling Iowa*): This class is an introduction to kayaking for any type of kayak (recreational lake or river). You will learn how to safely exit the kayak if you accidentally flip over, some basic paddle strokes, and basic bracing to help keep you from flipping over. Requirements: A willingness to get wet and be upside-down in a kayak.

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