



1-888-504-7238

rapidexpeditions.com

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Schedule of Kayaking Events

Spring/Early Summer 2015



May

May 30: Whitewater
Kayaking Roll Workshop

Many dates available:
Beginner and
Intermediate Whitewater
Kayaking Clinics

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June

June 13: Intro to Creek
Boating Clinic

Many dates available:
Beginner and
Intermediate Whitewater
Kayaking Clinics

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July

July 18 & 19: Find Your
Edge – Yoga and
Whitewater Kayaking
Weekend

July 25: Playing the River
Workshop

Many dates available:
Beginner and
Intermediate Whitewater
Kayaking Clinics

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MAY

May 30: Whitewater Kayaking Roll Workshop

Many dates available:
Beginner and
Intermediate Whitewater
Kayaking Clinics



Whitewater Kayaking Roll Workshop

Date: Saturday, May 30, 10am-2pm

Description: Whitewater rolling class focusing on C-to-C, sweep, back deck roll (rodeo roll), and hand roll in flat water and moving water. Rolls will be broken down using hip snap, paddle placement, and body positioning skills.

Skill Level: Intermediate to Advanced

Cost: \$95 per person (Brown bag lunch included)
(Bring your own equipment. Demos available-- call for pricing)

Beginner and Intermediate Whitewater Kayaking Clinics (1 day)

Dates available: May 5, 6, 7, 12, 13, 14, 19, 20, 21, 26, 27, 28, 9am - 4pm

Description: Beginner: Focusing on fundamentals of kayaking, including outfitting the kayak, wet exits, body positioning, strokes and edging, eddy turns, peel-outs, ferrying, using currents, basic safety precautions, and paddling through Class 1 and 2 whitewater.

Intermediate: This clinic is a continuation of Beginner Whitewater Kayaking, focusing on improving body positioning, T rescues, self rescue, rolling, bracing techniques, reading rivers and hydrology, scouting rapids, and improving overall strokes, edging, and river running.

Skill Level: Beginner to Intermediate

Cost: \$150 for class or \$250 for private (Equipment provided)



To sign-up for any session, call Rapid Expeditions at 1-888-504-7238 or book online at rapidexpeditions.resmarksystems.com/res

Introduction to Creek Boating Clinic

Date: Saturday, June 13, 10am - 4pm

Description: This clinic will focus on such creek boating skills as moving as a team, portaging, boofing, identifying and catching a microeddy, boat scouting, and seal launching.

Skill Level: Intermediate to Advanced

Cost: \$150 per person (Brown bag lunch included) (Bring your own equipment. Demos available-- call for pricing)

JUNE

June 13: Intro to Creek Boating Clinic

Many dates available: Beginner and Intermediate Whitewater Kayaking Clinics



Beginner and Intermediate Whitewater Kayaking Clinics (1 day)

Dates available: June 2, 3, 4, 6, 9, 10, 11, 16, 17, 18, 20, 23, 24, 25, 27, 30, 9am - 4pm

Description: See page 2 for descriptions

Skill Level: Beginner to Intermediate

Cost: \$150 for class or \$250 for private (Equipment provided)

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JULY

July 18 & 19: Find Your Edge – Yoga and Whitewater Kayaking Weekend

July 25: Playing the River Workshop

Many dates available:
Beginner and Intermediate Whitewater Kayaking Clinics

Find Your Edge:

Yoga and Whitewater Kayaking Weekend

with Rapid Expeditions and Christina Green

Date: July 18 & 19, 9am - 4pm

Description: Join us for two beautiful days practicing yoga and whitewater kayaking in the Smoky Mountains. Saturday will be spent on the water, in either a beginner or intermediate-to-advanced whitewater kayaking clinic, and Sunday will be practicing yoga, meditation, and inversions along the river.

Skill Level: All Levels

Cost: Early bird pricing: \$350 before June 1

After June 1: \$400.

(Lunch provided both days)

Playing the River Workshop

Date: Saturday, July 25, 1-5pm

Description: This workshop focuses on playing the river, working on such skills as surfing waves, holes, wave wheels, rock spins, splat moves, and stern squirts.

Skill Level: Intermediate to Advanced

Cost: \$100 per person (Bring your own equipment. Demos available-- call for pricing)



Beginner and Intermediate Whitewater Kayaking Clinics (1 day)

Dates available: July 1, 2, 4, 7, 8, 9, 11, 14, 15, 16, 21, 22, 23, 28, 29, 30, 9am - 4pm

Description: See page 2 for descriptions

Skill Level: Beginner to Intermediate

Cost: \$150 for class or \$250 for private (Equipment provided)

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