



CHARLES RIVER CANOE & KAYAK

Paddling School: Classes & Trips

Introductory Classes

Introduction to Kayaking (six hours of instruction)

Our Introduction to Kayaking is designed for both the casual paddler and those interested in ocean touring. While the course is perfect for the beginner, anyone who has never taken formal instruction will benefit.

You will learn efficient paddling technique, strokes to maneuver your boat in any direction, bracing to prevent a capsize, self- and assisted rescues, and much more.

We offer Introduction to Kayaking in two formats (three two-hour classes on weeknights or two three-hour classes on weekends) and at two locations (Newton and Cambridge/Kendall Square).

\$139 (weeknight)/\$149 (weekend) includes six hours of instruction, three weeks of unlimited on-site practice at any of our locations, wetsuit rentals, and borrowing privileges from our video library.

Three-Lesson Weeknight Series in Newton, 6:00–8:00PM

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| Tuesdays, May 25, June 1, 8 | Tuesdays, July 6, 13, 20 |
| Wed., May 26, June 2, 9 | Wednesdays, July 7, 14, 21 |
| Thursdays, June 3, 10, 17 | Thursdays, July 15, 22, 29 |
| Mondays, June 7, 14, 21 | Mondays, July 19, 26, August 2 |
| Tuesdays, June 15, 22, 29 | Tuesdays, July 27, August 3, 10 |
| Wed., June 16, 23, 30 | Wed., July 28, August 4, 11 |
| Thursdays, June 24, July 1, 8 | Thursdays, August 5, 12, 19 |
| Mondays, June 28, July 5, 12 | Mondays, August 9, 16, 23 |

Two-Lesson Weekend Series in Newton, 8:30–11:30AM

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|-------------------------|-------------------------------|
| Saturdays, May 15 & 22 | Sundays, July 25 & August 1 |
| Saturdays, June 5 & 12 | Saturdays, July 31 & August 7 |
| Saturdays, June 19 & 26 | Sundays, August 8 & 15 |
| Sundays, June 20 & 27 | Saturdays, August 14 & 21 |
| Saturdays, July 3 & 10 | Sundays, Aug. 22 & 29 |
| Sundays, July 11 & 18 | Saturdays, Sept. 11 & 18 |
| Saturdays, July 17 & 24 | Sundays, Sept. 12 & 19 |

Three-Lesson Weeknight Series in Cambridge, 6:00–8:00PM

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|----------------------------|----------------------------|
| Thursdays, June 10, 17, 24 | Wednesdays, July 7, 14, 21 |
| Tuesdays, June 15, 22, 29 | Mondays, July 12, 19, 26 |

Two-Lesson Weekend Series in Cambridge, 8:30–11:30AM

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|-------------------------|------------------------|
| Saturdays, June 19 & 26 | Sundays, August 8 & 15 |
| Saturdays, July 10 & 17 | |

Introductory Sea Kayaking Trips (full-day trip)

If you would like a one-day introduction to sea kayaking, our Introductory Trips cover most of the skills from the Introduction to Kayaking series (see details at left) while taking time to enjoy a day along some of the prettiest sections of the Massachusetts coast. No previous paddling experience is required — complete beginners are certainly welcome!

\$139 includes full-day trip with expert guiding, using your own boat.
\$155 with a composite or plastic sea kayak (depends on availability).

Full-Day Trip Leaves from Newton, 8:00AM–5:00PM

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|-----------------------------|---------------------------------|
| Saturday, June 5: Cohasset | Saturday, July 17: Cohasset |
| Sunday, June 13: Cohasset | Sunday, August 1: Cohasset |
| Sunday, June 27: Marblehead | Saturday, August 14: Marblehead |
| Sunday, July 11: Marblehead | Saturday, Sept. 18: Cohasset |

Quick-Start Your Kayak (two hours of instruction)

This two-hour class is a quick primer so you can get out and enjoy flat-water kayaking. We cover the basics of propulsion, maneuvering, and launching and landing. Quick Start is for those who are looking to paddle recreationally in calm conditions on protected lakes and flatwater rivers. For a comprehensive class, take our Intro. to Kayaking instead.

\$59 includes two hours of instruction and one week of practice time.

Two-Hour Class in Cambridge/Kendall Square, 6:00–8:00PM

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|---------------|-----------------|-------------------|
| Wed., June 23 | Thurs., July 15 | Tuesday, August 3 |
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Introduction to Canoeing (six hours of instruction)

This course is designed for beginners and others desiring to improve their proficiency in flatwater canoeing. We will cover basic techniques of paddling, precise maneuvering, canoe design and materials, and more.

\$99 includes six hours of instruction, three weeks of on-site practice time at any of our locations, and video library borrowing privileges.

Three-Lesson Weeknight Series in Newton, 6:00–8:00PM

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|-----------------------------|
| Wednesdays, July 14, 21, 28 |
|-----------------------------|

PaddleBoston.com

(617) 965-5110

Safety & Rescues

If you're serious about paddling, or just really love being on the water, it's time to take the fundamental skills you've learned in the introductory classes (see page 1) and build and expand on them. Our seasoned instructors will guide you along the way!

Intermediate Kayaking Skills (three hrs. of instruction)

This three-hour class consists of three parts: strokes development and maneuvering, bracing, and rescues. During the first portion we will extend your knowledge of an efficient forward stroke, sweep strokes for turning, and boat lean for maneuvering.

The second portion covers the use of paddle braces. You'll learn how to use your paddle to improve your stability and help prevent a capsize.



Good bracing skills allow you to paddle with more confidence in a wider variety of conditions.

The final portion of the class covers rescues and capsize-recovery techniques. If you or a partner does capsize, the ability to quickly execute a wide variety of re-

entries is critical for safety.

To help you solidify your skills, this class provides plenty of opportunity for individual practice on and in the water.

Intermediate Kayaking Skills is designed for those with some paddling experience who are looking for a thorough review and in-water practice of bracing, assisted re-entries, and self-rescues. While our Introduction to Kayaking or similar class is recommended, it is not required — anyone who has not taken formal paddling instruction will benefit from this class, though you should expect to perform a wet exit.

\$75 includes three hours of instruction, complimentary use of a plastic sea kayak, one week of unlimited on-site practice time at any of our locations, and borrowing privileges from our video library.

Three-Hour Class Meets at our Newton Boathouse, 1:00–4:00PM

Saturday, June 12

Saturday, August 14

Intro. to Navigation (two-hour classroom session)

How do we plan our trips? What do you do if the fog rolls in while you're paddling? For those paddlers planning trips on the ocean, an understanding of navigation and trip planning is essential for both safety and fun.

This class consists of one two-hour classroom session. We cover the fundamentals of reading nautical charts, working with a compass, and dead reckoning. We then integrate that information with important components of trip planning, like the use of tide and current tables, route planning, and assessment of weather.

Introduction to Navigation is a hands-on course where each student will have the opportunity to practice these skills in the classroom before they venture into the field. Be sure to follow up this class with our Ocean Skills: Navigation trip, described on the next page, where you can test your new skills on the water under the watchful eye of an expert guide.

\$30 includes four hours of classroom instruction and materials.

\$19 with enrollment in another 2010 class or trip.

Two-Hour Class Meets at our Newton Boathouse, 6:00–8:00PM

Tuesday, June 15

Monday, August 23



Rolling (three hours of instruction)

Every kayaker remembers the excitement of his or her first roll! Rolling a kayak is an invaluable safety skill where a capsized paddler rights the boat without exiting the cockpit. A reliable roll allows you to paddle with more confidence in a greater variety of ocean conditions. Working on the roll will also improve your bracing skills and thereby decrease your risk of capsize, allowing you to have more fun on the water!

Our Introductory Rolling Classes are designed both for paddlers who have never attempted rolling and for those who have done some work with the roll and are still not there. For those looking to advance their roll to the off-side or learn additional rolling techniques, we recommend a private lesson.

During the summer, we hold our rolling classes in the clear water and sandy beaches of Lake Cochituate in Natick. During the fall and spring we hold our rolling classes in an indoor pool (where we also offer pool practice sessions without instruction).

Lake Cochituate: \$85

Pool Sessions: \$99 (rolling instruction)/\$30 (pool practice only)

Includes instruction, boat rental, one week of complimentary practice time (in-season only), and video library borrowing privileges.

Three-Hour Class Meets at Hanscom AFB Pool, 3:45–7:00PM

Visit PaddleBoston.com for dates.

Three-Hour Class Meets at Lake Cochituate, 3:45–7:00PM

Tuesday, June 22

Tuesday, July 20

Tuesday, Aug. 17

Thursday, July 8

Thursday, Aug. 5

Thursday, Sept. 2

Private Instruction

One-on-one instruction is the best way to learn! If you would like to improve your skills at your own pace, with personalized attention and a customized focus, we are happy to arrange private lessons with an expert instructor. We can travel to any location, including a pool for rolling.

Two-Lesson Special: Book two private lessons (1.5-hour minimum per lesson) and prepay for necessary boat rental and get two weeks of free practice time at any of our locations.

Weekend Rate / Weekday Discounted Rate

Session Length	1 Student	2 Students	3 Students	4+ Students
1.5 Hours	\$90/\$75	\$135/\$120	\$159/\$150	\$180/\$180
2 Hours	\$120/\$100	\$180/\$160	\$212/\$200	\$240/\$240
Add'l Hour	\$60/\$50	\$90/\$80	\$106/\$100	\$120/\$120

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Ocean Skills Trips

Once you have learned the basics, it's time to develop your sea kayaking skills out on the ocean. For safety's sake, sea kayakers must practice bracing, rescues, re-entries, towing, and boat handling in real conditions.

This series of five separate trips builds on the skills developed in our introductory courses (see page 1) and is designed to prepare paddlers for their own ocean adventures. Experience the fun and excitement of learning to handle your kayak in waves, current, wind, and surf alongside an expert guide during our Ocean Skills trips.

For Ocean Skills, OS: Navigation, and Advanced Ocean Skills:

\$139 includes full-day trip with expert guiding (maximum 5:1 student:instructor ratio) using your own boat.

\$155 with a composite or plastic sea kayak (depends on availability).

Ocean Skills

(full-day trip)

During this full-day trip, we will travel to Cohasset Harbor and practice basic and more advanced skills in realistic ocean conditions. This instructional trip will cover a broad spectrum of paddling skills, including refining the forward stroke, practicing boat lean, bracing, ferrying, solo and assisted re-entries, and navigation.

The class will spend time in ocean waves (weather permitting) and in a tidal rip with moderate current, introducing you to conditions often encountered on the ocean. Our guides will help you test your limits while taking advantage of situations that are within your capabilities. This trip is designed for those who have taken our introductory course or have the equivalent instruction.

The May 9, Oct. 17, and Oct. 31 Ocean Skills double as Cold Water Clinics, and include complimentary use of a Kokatat Gore-Tex drysuit.

Full-Day Trip Leaves from Newton, 8:00AM–5:00PM

Sunday, May 9 (Cold Water)	Sunday, August 8
Saturday, June 12	Sunday, August 22
Saturday, June 26	Sunday, September 19
Saturday, July 10	Sunday, Oct. 17 (Cold Water)
Saturday, July 24	Sunday, Oct. 31 (Cold Water)

Ocean Skills: Navigation

(full-day trip)

How do we plan our trips? What do you do if the fog rolls in while you are paddling? During this full-day trip, we travel to beautiful Hingham Bay and the Boston Harbor Inner Islands to practice these and many other navigational skills on the water.

The bread and butter of this trip is chart reading and compass work. Other topics include piloting, dead reckoning, navigating in fog, and what to do if you're lost. In addition, we will discuss tide and tidal current prediction, route planning, and using a chart to select a landing site.

Ocean Skills: Navigation is designed for those who have taken both our Introduction to Kayaking (see page 1) and Introduction to Navigation (see previous page) or have equivalent instruction. Paddlers should be able to perform assisted rescues and paddle six miles over the course of the day.

Full-Day Trip Leaves from Newton, 8:00AM–5:00PM

Sunday, June 20	Sunday, August 29
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Advanced Ocean Skills

(full-day trip)

Come with us to beautiful Woods Hole on Cape Cod to play in some of the strongest tidal currents in New England. The turbulent conditions found here provide the opportunity to both test and refine your boat-handling skills.

During this instructional trip students have the opportunity to work on boat lean, ferrying, eddy turns, bracing, and rescues in challenging conditions of wind, waves, and strong current. The emphasis is on capsizing prevention and recovery.

Advanced Ocean Skills requires previous ocean paddling instruction including the ability to perform re-entries, boat leans, and bracing in current and waves, ferrying, and to paddle at least ten miles in a day.

Full-Day Trip Leaves from Newton, 6:00AM–5:00PM

Saturday, June 19

For "OS: Surf Launching & Landing" and "OS: Playing in Surf":

\$175 includes full-day trip with expert guiding (maximum 4:1 student:instructor ratio) and use of a composite or plastic kayak.

OS: Surf Launching & Landing

(full-day trip)

The goal of Ocean Skills: Surf Launching & Landing is to train sea kayakers to reliably launch and land in surf. The key to surf is experience in realistic conditions, so this trip provides for ample practice time under the watch of an expert guide.

Most importantly, the bracing skills you learn and practice in the surf zone will improve your stability and decrease your risk of capsizing under whatever conditions Mother Nature throws at you.

Ocean Skills: Surf Launching & Landing requires previous ocean paddling instruction, including knowledge of bracing, assisted-rescue techniques, and handling a kayak in current.

Full-Day Trip Leaves from Newton, 8:00AM–5:00PM

Sunday, August 15 Sunday, September 12 (7AM)

Ocean Skills: Playing in Surf

(full-day trip)

While Surf Launching & Landing is for sea kayakers looking for controlled landings, Playing in Surf is for those who want to ride waves in whitewater/surf kayaks for fun. Your instructor will expose you to the essentials of surf kayaking, including strokes, surf etiquette, surf zone safety, self and assisted rescues, and ocean safety considerations.

OS: Playing in Surf requires previous surf paddling instruction including command of bracing, assisted-rescue techniques, and basic handling of a kayak in surf. A roll, while not required, is recommended.

Full-Day Trip Leaves from Newton, 8:00AM–5:00PM

Sunday, September 26 Saturday, October 16



Sea Kayaking Trips

Our sea kayaking day trips give you a chance to explore the picturesque Massachusetts coast under the watchful eye of an experienced guide.

These trips offer a level of adventure for everyone, whether you're a complete beginner (see page 1 for Introductory Trips) or a seasoned paddler. See our Kayaking Trips web page for a description of each trip.

For Most Trips:

\$139 includes full-day trip with expert guiding (maximum 5:1 student:instructor ratio) using your own boat.

\$155 with a composite or plastic sea kayak (depends on availability).

For "OS: Surf Launching & Landing" and "OS: Playing in Surf":

\$175 includes full-day trip with expert guiding (maximum 4:1 student:instructor ratio) and use of a composite or plastic kayak.

Kids' Paddling Camps

Our variety of paddling camps provides paddling instruction and experience to kids ages 9–15. We mix instruction with expeditions, games, and activities to give campers a complete introduction to the world of paddling. Best of all, kids love it!

Canoe & Kayak Camp (entering grades 4–6)

This camp is designed for the beginner younger paddler, and is offered in both half-day and full-day versions. During the camp, kids paddle both canoes and kayaks, and through these experiences practice both teamwork and self-reliance.

Kids learn skills through a mix of instruction, demonstrations, games, and outings. The camp will cover paddle strokes and techniques, rescue skills, boating safety, and more.

The camp is based at our boathouse in Lake Cochituate State Park in Natick. The Canoe & Kayak Camp is for kids entering grades 4–6.

\$170 includes five days (Monday–Friday) of half-day camp.

\$299 includes five days (Monday–Friday) of full-day camp.

Half-Day Camp at Lake Cochituate, 9:00AM–Noon or 1:00–4:00PM

June 28–July 2 (AM & PM)	August 2–6 (AM & PM)
July 5–9 (AM & PM)	August 9–13 (AM & PM)
July 12–16 (AM & PM)	August 16–20 (AM & PM)
July 26–30 (AM & PM)	

Full-Day Camp at Lake Cochituate, 9:00AM–3:00PM

July 19–23

Sea Kayak Camp (entering grades 6–8)

The Sea Kayak Camp is designed for the child who enjoys paddling and would like to develop skills while exploring beautiful harbors, estuaries, and tidal rivers along the Massachusetts coast.

While the emphasis of the camp is on exploration and touring, instruction is given each day to build paddling skills. All week, we'll have opportunities for games and activities such as swimming and snorkeling.

The Sea Kayak Camp meets each day at our Newton Boathouse and then travels by van to the day's paddling destination. This camp is for kids entering grades 6–8 and who have completed the Canoe and Kayak Camp or have other formal instruction in kayaking.

\$369 includes five days (Monday–Friday) of full-day camp.

Full-Day Camp Leaves from Newton, 8:30AM–4:00PM

June 28–July 2	July 26–30
July 5–9	August 2–6
July 12–16	August 9–13
July 19–23	August 16–20 (Advanced Camp)

Date	Destination	Difficulty	Departs
Sun., May 9	Ocean Skills — Cold Water	★★	8AM
Sat., June 5	Cohasset Harbor Intro	★	8AM
Sun., June 6	Gloucester to Manchester	★★★	8AM
Sat., June 12	Ocean Skills	★★	8AM
Sun., June 13	Cohasset Harbor Intro	★	8AM
Sat., June 19	Advanced Ocean Skills	★★★	6AM
Sun., June 20	Ocean Skills: Navigation	★★	8AM
Sat., June 26	Ocean Skills	★★	8AM
Sun., June 27	Marblehead Harbor Intro	★	8AM
Sat., July 10	Ocean Skills	★★	8AM
Sun., July 11	Marblehead Harbor Intro	★	8AM
Sat., July 17	Cohasset Harbor Intro	★	8AM
Sun., July 18	Thacher Island Twin Lights	★★★	8AM
Sat., July 24	Ocean Skills	★★	8AM
Sun., July 25	Chappaquiddick	★★★★	6AM
Sat., July 31	Gloucester Harbor	★★	8AM
Sun., Aug. 1	Cohasset Harbor Intro	★	8AM
Sun., Aug. 8	Ocean Skills	★★	8AM
Sat., Aug. 14	Marblehead Harbor Intro	★	8AM
Sun., Aug. 15	OS: Surf Launching & Landing	★★★	8AM
Sun., Aug. 22	Ocean Skills	★★	8AM
Sun., Aug. 29	Ocean Skills: Navigation	★★	8AM
Sat., Sept. 12	OS: Surf Launching & Landing	★★★	7AM
Sat., Sept. 18	Cohasset Harbor Intro	★	8AM
Sun., Sept. 19	Ocean Skills	★★	8AM
Sat., Sept. 26	Ocean Skills: Playing in Surf	★★★★	8AM
Sun., Oct. 10	Annisquam River	★★	8AM
Sat., Oct. 16	Ocean Skills: Playing in Surf	★★★★	8AM
Sun., Oct. 17	Ocean Skills — Cold Water	★★	8AM
Sat., Oct. 23	Lake Winnepesaukee	★★★	6AM
Sun., Oct. 31	Ocean Skills — Cold Water	★★	8AM

Trip Difficulty Ratings

Level 1 (★) — No previous experience required.

Level 2 (★★) — You should feel comfortable paddling 6 miles in a day, and performing a wet exit and an assisted deep-water rescue.

Level 3 (★★★) — In addition, you should be able to paddle 10 miles in a day and paddle in 10- to 15-knot winds and 2- to 3-foot waves.

Level 4 (★★★★) — You should be prepared to paddle 15-20 miles in a day and paddle in 15- to 20-knot winds and 3- to 6-foot waves.