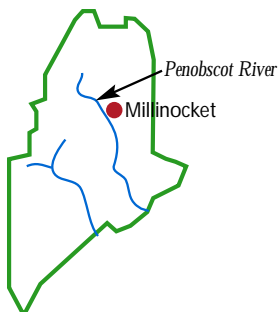



Learn the basics or take your whitewater kayaking experience to the next level! We offer private or group instruction at our beautiful Penobscot location for beginner, advanced beginner and intermediate kayakers. Our instructors are expert boaters with an enthusiasm for teaching. Give us a call at (800) 766-7238 for more information or to reserve your space in this summer's kayak school.



#### WHERE WE TEACH

We start out at our private, sandy beach on Millinocket Lake at our own Twin Pine Camps. When you become more comfortable, we'll head to the West



Branch of the Penobscot River. This is the same river we raft, so at lunch we can watch the rafts negotiate a class V section of rapids. Our teaching areas are carefully selected for the gradual transition from a lake to moving water. The scenery is spectacular with Mount Katahdin only a few miles away. The access road is never far away, which makes quick shuttles possible. We provide all equipment, including boats by Dagger and Pyranha, paddles, spray skirts, helmets and personal flotation devices. Paddle jackets and spray tops are free of charge when desired. Hearty lunch and snack are included with all classes. 

#### FREQUENTLY ASKED QUESTIONS

**T** All group classes start on Saturday and run for one, two, three or four days.

**T** We must have a minimum of two students per instructor per ability level. If it appears that a particular ability level class is not filling, we will give the student the option of coming at another time, booking a private lesson for an additional fee or receiving a refund.

#### LODGING AND MEALS

We can arrange for lodging and meal packages in conjunction with daily instruction. Call today for prices and our 32-page color calendar brochure.

#### HOW TO BOOK

Call our reservation office at 800-766-7238 and have a few dates open so that we can fit you into the best time slot. Upon receipt of a 50% deposit we will send you all confirmation material relevant to NEOC and our instruction program, including an evaluation and medical form. All balances must be paid in full prior to arrival. The minimum age for kayak and canoe instruction is 14 years of age unless special arrangements are made through our head instructor.



**NEOC**

NEW ENGLAND OUTDOOR CENTER

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800-766-7238

# KAYAK & CANOE INSTRUCTION



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# WHITEWATER KAYAK AND CANOE INSTRUCTION



## OUR STYLE OF INSTRUCTION

We limit our student-to-instructor ratio in our group classes, and try to have more than

one group each weekend so we have the flexibility to keep students of comparable aptitude together. NEOC emphasizes the development of sound paddling techniques which are the key to solid success in whitewater boating. While everyone wants to get on to moving water as soon as possible, we will continually work on fundamentals as we progress through the basics. If it is not second nature on flat water it surely won't be on moving water!

We start on flat and slow moving water and work on wet escapes, bracing, eddy turns, peel outs, ferries and water reading. When we move to quicker water on the river, we sometimes spend the afternoon in one rapid working on these skills. You will also learn how to surf early in the program. As your skills develop, we will gradually move to rapids with faster and rougher water, but we will always make sure students are capable of handling it. Our goal is to paddle and enjoy whitewater, not just get down it! We will work on developing a roll at our Twin Pine base, and many of our students learn to roll during a one or two day course. When you are comfortable, we will work on rolls in moving water.

Our classes for advanced boaters are customized based on the student's individual goals, but we continue to work on developing strong paddling skills, confidence and water reading. We work on surfing, basic playboating techniques and run more technically challenging water. ⌞

## PRIVATE AND SEMI-PRIVATE INSTRUCTION

Private instruction is great for guaranteed one-on-one intensive instruction. Semi-private works well for couples or small groups that have similar goals and abilities. ⌞



## GUIDED TOURS

We also offer guided tours for intermediate and advanced paddlers on the Penobscot, Kennebec and Dead rivers. While the primary focus of a tour is to provide safety and guidance for those paddling these rivers for the first time, we will also work on paddling techniques as needed. ⌞



## CANOE AND TOURING KAYAK INSTRUCTION

This instruction is run much like our kayak programs, and is also based on the Penobscot. Instruction is available by request. Give us a call for details. ⌞



## CLASS DESCRIPTION AND HOW TO RATE YOUR ABILITY

Please use the following descriptions to evaluate your skill level. Once you have made your reservation, one of our staff will telephone you to go over your goals, prior experience, and athletic background so that we can place you with a group and instructor best suited to your goals. ⌞



**K BEGINNER** Has never been in an enclosed boat in moving water and has had no prior instruction in whitewater... brand new to the sport. Generally speaking, experience in a sea kayak does not transfer to whitewater paddling. ⌞

**K ADVANCED BEGINNER** Has had prior instruction, has paddled low class II moving water, and has attempted a roll. Understands and can perform a peel out, eddy turn and ferry, and basic bracing techniques. Generally cautious and still inconsistent in performing basic techniques. ⌞

**K INTERMEDIATE** Generally more aggressive, has performed a roll in flat water and tried one in moving water, and can comfortably run class II and low class III water. Still needs work on sound paddling techniques. ⌞

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