

American Canoe Association (ACA) Whitewater Kayak Certified Instructor and Sea Kayak (Open Coastal) (ACA # 060427)



An American Canoe Association certified instructor, Dan has taught kayaking since 1990. He has led white-water and sea kayaking trips throughout California and Oregon, Costa Rica, British Columbia, and Baja California. His students learn in a fun, safe, environment with a focus on building good skills.

**Lead Instructor
Dan Efseaff**

sites: RK1: none, RK2 and RK3: prior class or equivalent. **Trip length:** RK1 and RK2: 2 days, RK3: 1 day. **Meeting time:** 8:30 am
Dates: **RK1:** 5/14-5/15, 6/5-6/6, 7/2-7/3. **RK2:** 8/4-5. **RK3:** TBA
Cost: **RK1:** \$150, **RK2:** \$160, **RK3:** \$80.

Whitewater Immersion - NEW!

Get on the learning curve fast. This class will take you from beginner to shredding in four days. You'll be amazed at the progress you can make in 4 days. **Prerequisites:** None to intermediate. **Trip length:** 4 days. **Meeting time:** 8:30 am. **Dates:** 7/30, 8/1-8/3. **Cost:** \$256.

Pool Session

Ready to roll? Learn basic self rescue techniques and the skills needed to roll. This class can also be set-up for sea or touring kayakers who wish to learn boat-based deep-water rescues. **Prerequisites:** None. **Trip length:** 2 hours. **Meeting time:** TBA. **Dates:** TBA. **Cost:** \$40.

Registration Information

Space is limited, please reserve early. Cost **includes** boat and equipment. Pre-registration and payment is required for all classes, please call or stop by North Rim. All participants will be required to read and sign a Waiver and Release of Liability. Classes based on ACA course content. Students will be given class credit for cancelled classes. We can also set up a Private Lessons, or Group Lessons or Tours, please call for details.

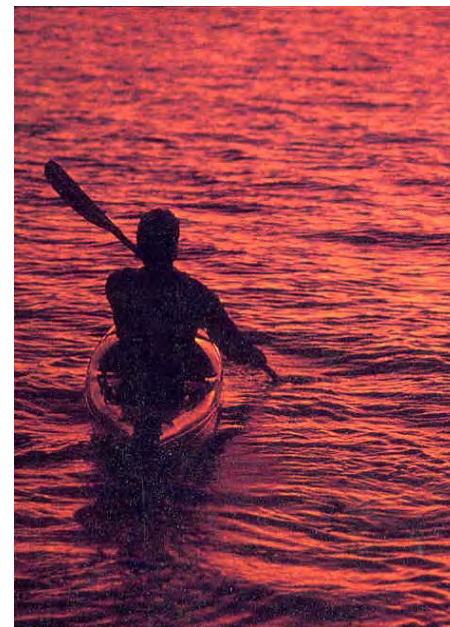


NORTH RIM
ADVENTURE SPORTS

178 East 2nd Street
Chico, California 95928
Phone: (530) 345-2453

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Learn to Kayak!



2007 Kayak Classes

Become a better boater as you learn skills, safety, and efficient paddling technique in a fun, supportive atmosphere. We offer a full suite of classes from tranquil waters to thunderous rapids.

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Touring Sea Kayak Instruction

Quick Start Kayaking

This class provides a low-key, brief introduction to the sport. We cover basic water safety, boat design, and boat handling. In 2007, this class will be offered on select Demo Days. Please check with the store for dates and to sign up. **Prerequisites:** None. **Trip length:** 2 hours. **Meeting time:** TBA. **Dates:** TBA. **Cost:** \$25

Skill Building Clinics

Paddlers will benefit from these skill-oriented clinics that concentrate on proper body mechanics to transform you into a more efficient paddler. Combined them all to follow the beginning class progression. **Prerequisites:** None. **Trip length:** 3 hours. **Meeting time:** 4 pm. **Dates:** Introduction equipment and basics (6/1), Forward and reverse (6/8), Sweeps, and draws (6/15), Rescues and safety (6/22). Whitewater strokes and play (TBA). **Cost:** \$40.

Beginning Touring

The perfect introduction to paddling. We will guide you through the skills and safety that you will need to become a proficient kayaker. Class includes an introduction to kayak design and features, launching techniques, and a complete overview of basic strokes. **Prerequisites:** None. **Trip length:** 1 day. **Meeting time:** 8:30 am. **Dates:** 4/22, 5/19, 6/16, 7/14, 8/18, 9/15. **Cost:** \$70.

Intermediate Touring

We build on the skills from Beginning Touring and introduce more advanced techniques, such as bracing, edging, and self rescue. This course is a prerequisite for the more advanced ocean and overnight tours. **Prerequisites:** Beginner to advanced. **Trip length:** 1 day. **Meeting time:** 8:30 am. **Dates:** 5/20, 6/17, 7/15, 8/19, 9/16. **Cost:** \$70.

Tours and Sea School

Weekday Tour

We provide a quick overview of basic strokes and safety, but the class will focus on exploring local waters in a guided setting. **Prerequisites:** Beginner. **Trip length:** 4 hours. **Meeting time:** 4:00 pm **Dates:** 4/11, 5/2, 6/2 8/1, 9/5 10/3. **Cost:** \$38.

Moonlight Paddle

Join us as we paddle under the stars and moon! We'll share some snacks and point out our favorite constellations. A

truly unforgettable experience! **Prerequisites:** Beginner to Advanced. **Trip length:** 4 hours. **Meeting time:** 5:00 pm. **Dates:** 5/31 and 8/25. **Cost:** \$48.

Sacramento River EcoTour

Join us as we paddle the Sacramento River to explore and learn about the rich natural history of this overlooked treasure. We'll observe wildlife and learn about the restoration efforts on this important river. **Prerequisites:** Previous paddling experience. **Trip length:** 1 day. **Meeting time:** 8:30 am. **Dates:** 7/4. **Cost:** \$68.

Drakes Estero – NEW!

Drake's Estero is a stunning paddling experience. We'll depart from Johnson's Oyster farm, and glide through oyster beds, eelgrass, and kelp beds of this scenic estuary, home to harbor seals, bat rays, osprey, white pelicans, and shorebirds. This is the last favorable tide before the National Park Service closes Drakes Estero before the harbor seal pupping season (March 1 through June 30). Class may be combined with the Tomales Bay class for a spectacular weekend of coastal paddling (\$148). **Prerequisites:** Previous paddling experience. **Trip length:** 1 day. **Meeting time:** 8:30 am. **Date:** 2/18. **Cost:** \$98.

Tomales Bay - NEW!

Novice and experienced sea kayakers enjoy Tomales Bay because of its protected waters and scenic bay. We'll see wildlife, such as tule elk, harbor seals, bat-rays, hawks, and waterfowl. Class may be combined with the Drakes Estero class for a spectacular weekend of coastal paddling (\$148). **Prerequisites:** Beginner. **Trip length:** 1 day. **Meeting time:** 12:30 pm (at Nick's Cove). **Dates:** 2/17. **Cost:** \$98.

Ahjumawi Lava Springs – NEW!

Imagine paddling and camping on a beautifully spring fed lake surrounded by a rugged volcanic landscape. Spend your time viewing wildlife, fishing, hiking, and of course pausing to view reflections of Mt Lassen and Shasta. A remote camping experience, participants will need to bring camping supplies and food (everything needs to fit in the boat!); we will supply guides, boats, and paddling equipment. **Prerequisites:** None to advanced. **Trip length:** 2 days. **Meeting time:** 8:00 am. **Dates:** 9/8-9/9. **Cost:** \$138.

Angel Island (San Francisco Bay) Overnight

Paddle the challenging conditions of San Francisco Bay and



camp out under the stars (and fog?). This class is a great touring experience that will have you ready to take on your next overnight adventure. We will introduce you to trip planning, overnight kayak camping, navigation, tidal currents, and open water paddling. Price includes classroom session, camping fee, dinner, and breakfast! Double sea kayaks available for an additional fee. **Prerequisites:** Intermediate to advanced. **Trip length:** 2 days. **Meeting time:** Classroom session, Wednesday before class 6:00 pm **Dates:** 8/11-8/12. **Cost:** \$158.

Mendocino Coast

Come find out why the Mendocino Coast is one of the favorite paddling destinations in the world. We will spend 2 days exploring sea stacks, tidal rivers, coves, and caves. Where we paddle depends on conditions and group experience. Trip costs cover camping fees and boats. **Prerequisites:** Intermediate to advanced. **Trip length:** 2 days. **Meeting time:** 8:30 am (at the coast!) **Dates:** 4/6-4/7 and 10/20-10/21. **Cost:** \$158.

Sea Kayak School

Are you a beginner with big dreams? An experienced paddler eager to explore greater challenges? This comprehensive class provides paddlers a comfortable progression from calm to challenging water (lakes, rivers, and ocean), and gives paddlers confidence in their skills and knowledge. Classroom topics include equipment, medical emergencies, reading water, weather, navigation, and trip planning. Cost also includes camping fees on the Mendocino Coast! **Prerequisites:** Beginner to advanced. **Trip length:** 5 days. **Meeting time:** 3 classroom sessions Wednesdays before class – 6:00 pm. **Dates:** 10/6, 10/13-10/14, 10/20-21. **Cost:** \$268.

Whitewater Classes

See Skill Building Clinic above.

River Kayak (RK1, RK2, and RK3)

Play and safety go hand in hand in these classes that follow the ACA progression. In River Kayak 1 (**RK1**), we will introduce the essentials: equipment, skills, and safety. We cover basic strokes and concepts that will get you started on the right path to becoming a whitewater kayaker. In **RK2**, we review the basics and apply your new skills to moving water (waves, holes, and eddy lines), and learn how to read whitewater, and maybe try a little surfing (dude). For **RK3**, we will put it together for a river trip and focus on the skills and judgment needed for Class III and beyond. **Prerequisite:**

2007 Kayak Class Schedule

Class	Price	Class length	Feb	Mar	April	May	June	July	Aug	Sept	Oct
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Schedule subject to change, please contact NRAS for the latest.

Touring/Sea Kayak Instruction

Quickstart (Intro)	\$25	2 hrs					TBA				
Skill Building Clinic (see text)	\$40	3 hrs					1,8,15				
Beginning Touring	\$70	1 day			22	19	16	14	18	15	
Intermediate Touring	\$70	1 day				20	17	15	19	16	

Tours and Sea School

Weekday Tour	\$38	4 hrs			11	2	6		1	5	3
Moonlight Paddle	\$48	4 hrs				31			25		
Sacramento River Tour	\$68	1 day						4			
Drakes Estero Tour**	\$98	1 day	18								
Tomales Bay Tour**	\$98	1 day	17								
Ahjumawi Lava Springs	\$138	2 days								8,9	
Angel Island Tour*	\$158	2 days							11-12		
Mendocino Coast	\$158	2 days			6,7						20-21
Sea Kayak School (session I)*	\$268	5 days									6,13-14, 20-21

**The Drake Estero and Tomales Bay Tours may be combined for \$148.

Whitewater

Skill Building Clinic (see text)	\$40	3 hrs					22				
River Kayak 1	\$150	2 days				14-15	5-6	2-3			
River Kayak 2	\$160	2 days							4-5		
River Kayak 3	\$80	1 day				TBD					
Whitewater Immersion	\$256	4 days						30	1,2,3		
Pool Session	\$40	2 hrs				TBD					

Other Options

Personalized Group Lesson or Tour	TBD	TBA									
Private lesson	\$125	1 day									

* Classroom meetings or pre-trip meetings To Be Determined (TBD).

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