



## Course "SIT ON TOP" Kayak (Open kayak)

- Private class with Monitor oriented to acquire autonomy and knowledge on the basic driving manoeuvres, as well as to rectify navigation defects .
- The kayaks we will use will be self-emptying (Sit on top).
- The technical concepts are adapted to the particular level of each student to optimize performance .
- The objective is to make our paddling a pleasant and safe experience when renting a kayak in any sheet of water (lake, reservoir, the sea and all the calm waters in general ).

**Duration** 2 hours

### Content

- Difference and comparison between the different types of kayaks, their origin and the accessories that are currently used .
- Nomenclature and utility of the main parts of the kayak .
- Rowing optimizing movement .
- Rotate, brake, row back and correct course .
- Side tractions .
- Embark, disembark and move the kayak in different situations .
- Security techniques and rescues .
- Advices.

### Price

- **25 € / person** (VAT included )

No experience in canoeing is necessary.  
Personal guidance for the acquisition of material.  
Document processing service (permits, insurance, ...).

