

Introduction to Kayaking



This course is suitable for beginners and those with limited experience. The course is a one day introduction and covers the following areas:

1. Equipment talk
2. Entering and Exiting techniques
3. Body Postures/Positions
4. Essential Kayak Strokes
5. Capsize Drill

Course Duration: 1 day – 10am to 5pm (lunch from 1pm-2pm)

Previous Experience: None required

Course Size: The group size is a maximum of 1 instructor to 7 students (1:7 ratio)

Course Structure: This is a one day course and the vast majority of the time will be spent out practicing strokes and techniques. There is also a kayak trip to Innisfallen Island included on the training.

Course Includes:

- Professional & Experienced Instructors
- Training course notes
- Personalised feedback
- All Safety Equipment e.g. Buoyancy aid & wetsuit
- Boats & Paddles

€75
per person

**Group Booking
Rates Available**



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