



WINDY CITY  
**KAYAK**  
 SYMPOSIUM  
 2 0 0 9

# THURSDAY, JUNE 4

|      | Registration<br>(3pm - 9pm) | Paddlers Meet<br>(7pm - 8pm) | Presentation<br>(8pm - 9pm) | Bonfire<br>9pm - |
|------|-----------------------------|------------------------------|-----------------------------|------------------|
| 7am  |                             |                              |                             |                  |
| 8am  |                             |                              |                             |                  |
| 9am  |                             |                              |                             |                  |
| 10am |                             |                              |                             |                  |
| 11am |                             |                              |                             |                  |
| 12pm |                             |                              |                             |                  |
| 1pm  |                             |                              |                             |                  |
| 2pm  |                             |                              |                             |                  |
| 3pm  | Registration                |                              |                             |                  |
| 4pm  |                             |                              |                             |                  |
| 5pm  |                             |                              |                             |                  |
| 6pm  |                             |                              |                             |                  |
| 7pm  |                             | Paddlers Meet                |                             |                  |
| 8pm  |                             |                              | Presentation                |                  |
| 9pm  |                             |                              |                             | Bonfire          |
| 10pm |                             |                              |                             |                  |

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# FRIDAY, JUNE 5

|      | track 1  | track 2        | track 3         | track 4          | track 5                | track 6                                       | track 7                  | track 8              | track 9                   | track 10 | tour                              | demo beach                |
|------|--|----------------|-----------------|------------------|------------------------|---|--------------------------|----------------------|---------------------------|----------|-----------------------------------|---------------------------|
| 7am  | Morning Yoga Warm-up (7am - 7:45am)              |                |                 |                  |                        |   |                          |                      |                           |          |                                   |                           |
| 8am  | Breakfast with the Coaches (7:45am - 8:30am)     |                |                 |                  |                        |   |                          |                      |                           |          |                                   | Demo Beach (8am - 9am)    |
| 9am  |  |                |                 |                  |                        |   |                          |                      |                           |          |                                   |                           |
| 10am | Greenlandic Comprehensive                        | Boat Control 1 | Core Paddling 1 | Basic Rescues    | Kayak Warm-up          | Introduction to Sea Kayaking                  | Forward Stroke Workshop  | Performance Paddling | Dryland Rolling           |          |                                   |                           |
| 11am |  |                |                 |                  |                        |   |                          |                      |                           |          |                                   |                           |
| 12pm | <-- LUNCH BREAK -->                              |                |                 |                  |                        |   |                          |                      |                           |          |                                   |                           |
| 1pm  | Presentation in Lakeview Room (12:45pm - 1:30pm) |                |                 |                  |                        | Clinic on the Lawn (12:45pm - 1:30pm)         |                          |                      |                           |          |                                   | Demo Beach (Noon - 2pm)   |
| 2pm  |  |                |                 |                  |                        |   |                          |                      |                           |          |                                   |                           |
| 3pm  | Greenlandic Comprehensive <i>continued</i>       | Boat Control 2 | Core Paddling 2 | Advanced Rescues | Basic Strokes & Beyond | Introduction to Sea Kayaking <i>continued</i> | Strokes for Wind & Waves | Sculling & Support   | Kayak Rolling in the Pool |          |                                   |                           |
| 4pm  |  |                |                 |                  |                        |   |                          |                      |                           |          |                                   |                           |
| 5pm  |  |                |                 |                  |                        |   |                          |                      |                           |          |                                   | Demo Beach (5pm - 5:45pm) |
| 6pm  |  |                |                 |                  |                        |   |                          |                      |                           |          | Skyline Paddle (5:30pm departure) |                           |
| 7pm  | Paddlers Meet                                    |                |                 |                  |                        |   |                          |                      |                           |          |                                   |                           |
| 8pm  | Presentation in Lakeview Room                    |                |                 |                  |                        |   |                          |                      |                           |          |                                   |                           |
| 9pm  |  |                |                 |                  |                        |   |                          |                      |                           |          |                                   |                           |
| 10pm |  |                |                 |                  |                        |   |                          |                      |                           |          |                                   |                           |

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# SATURDAY, JUNE 6

|      | track 1  | track 2        | track 3         | track 4          | track 5                | track 6                                       | track 7                  | track 8                               | track 9                              | track 10                                       | tour  | demo beach              |                           |
|------|--|----------------|-----------------|------------------|------------------------|---|--------------------------|---------------------------------------|--------------------------------------|--|---|-------------------------|---------------------------|
| 7am  | Morning Yoga Warm-up (7am - 7:45am)              |                |                 |                  |                        |   |                          |                                       |                                      |  |   |                         |                           |
| 8am  | Breakfast with the Coaches (7:45am - 8:30am)     |                |                 |                  |                        |   |                          |                                       |                                      |  |   | Demo Beach (8am - 9am)  |                           |
| 9am  |  |                |                 |                  |                        |   |                          |                                       |                                      |  | Skyscraper & Lakefront Tour (full day trip) |                         |                           |
| 10am | Greenlandic Comprehensive                        | Boat Control 1 | Core Paddling 1 | Basic Rescues    | Kayak Warm-up          | Introduction to Sea Kayaking                  | Performance Paddling     | Situation Management                  | BCU 2 Star Training                  | BCU 3 Star Sea Kayak Training                  |   |                         |                           |
| 11am |  |                |                 |                  |                        |   |                          |                                       |                                      |  |   |                         |                           |
| 12pm | <-- LUNCH BREAK -->                              |                |                 |                  |                        |   |                          |                                       |                                      |  |   |                         |                           |
| 1pm  | Presentation in Lakeview Room (12:45pm - 1:30pm) |                |                 |                  |                        | Clinic on the Lawn (12:45pm - 1:30pm)         |                          |                                       |                                      |  |   | Demo Beach (Noon - 2pm) |                           |
| 2pm  |  |                |                 |                  |                        |   |                          |                                       |                                      |  |   |                         |                           |
| 3pm  | Greenlandic Comprehensive <i>continued</i>       | Boat Control 2 | Core Paddling 2 | Advanced Rescues | Basic Strokes & Beyond | Introduction to Sea Kayaking <i>continued</i> | Strokes for Wind & Waves | Situation Management <i>continued</i> | BCU 2 Star Training <i>continued</i> | BCU 3 Star Sea Kayak Training <i>continued</i> |   |                         |                           |
| 4pm  |  |                |                 |                  |                        |   |                          |                                       |                                      |  |   |                         |                           |
| 5pm  |  |                |                 |                  |                        |   |                          |                                       |                                      |  |   |                         | Demo Beach (5pm - 5:45pm) |
| 6pm  | Paddlers Meet (6pm - 6:45)                       |                |                 |                  |                        |   |                          |                                       |                                      |  |   |                         |                           |
| 7pm  | Lakeside Luau (7pm - 9pm)                        |                |                 |                  |                        |   |                          |                                       |                                      |  |   |                         |                           |
| 8pm  |  |                |                 |                  |                        |   |                          |                                       |                                      |  |   |                         |                           |
| 9pm  | Bonfire (9pm - ?)                                |                |                 |                  |                        |   |                          |                                       |                                      |  |   |                         |                           |
| 10pm |  |                |                 |                  |                        |   |                          |                                       |                                      |  |   |                         |                           |

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# SUNDAY, JUNE 7

|      | track 1  | track 2        | track 3         | track 4                  | track 5           | track 6                               | track 7                           | track 8                      | track 9                   | track 10 | tour | demo beach              |
|------|--|----------------|-----------------|--------------------------|-------------------|---------------------------------------|-----------------------------------|------------------------------|---------------------------|----------|------|-------------------------|
| 7am  | Morning Yoga Warm-up (7am - 7:45am)              |                |                 |                          |                   |                                       |                                   |                              |                           |          |      |                         |
| 8am  | Breakfast with the Coaches (7:45am - 8:30am)     |                |                 |                          |                   |                                       |                                   |                              |                           |          |      |                         |
| 9am  |  |                |                 |                          |                   |                                       |                                   |                              |                           |          |      | Demo Beach (8am - 9am)  |
| 10am | Greenlandic Comprehensive                        | Boat Control 1 | Core Paddling 1 | Performance Paddling     | Bow Roll Rescue   | Situation Management                  | BCU 2 Star Training <i>part 3</i> | Introduction to Sea Kayaking | Kayak Rolling in the Pool |          |      |                         |
| 11am |  |                |                 |                          |                   |                                       |                                   |                              |                           |          |      |                         |
| 12pm | <-- LUNCH BREAK -->                              |                |                 |                          |                   |                                       |                                   |                              |                           |          |      |                         |
| 1pm  | Presentation in Lakeview Room (12:45pm - 1:30pm) |                |                 |                          |                   | Clinic on the Lawn (12:45pm - 1:30pm) |                                   |                              |                           |          |      | Demo Beach (Noon - 2pm) |
| 2pm  | Greenlandic Comprehensive <i>continued</i>       | Boat Control 2 | Core Paddling 2 | Strokes for Wind & Waves | Fun in Your Kayak | Situation Management <i>continued</i> | BCU 3 Star Sea Kayak Assessment   | Basic Strokes & Beyond       | Basic & Advanced Rescues  |          |      |                         |
| 3pm  |  |                |                 |                          |                   |                                       |                                   |                              |                           |          |      |                         |
| 4pm  |  |                |                 |                          |                   |                                       |                                   |                              |                           |          |      |                         |
| 5pm  | See You Next Year!                               |                |                 |                          |                   |                                       |                                   |                              |                           |          |      |                         |
| 6pm  |  |                |                 |                          |                   |                                       |                                   |                              |                           |          |      |                         |
| 7pm  |  |                |                 |                          |                   |                                       |                                   |                              |                           |          |      |                         |
| 8pm  |  |                |                 |                          |                   |                                       |                                   |                              |                           |          |      |                         |
| 9pm  |  |                |                 |                          |                   |                                       |                                   |                              |                           |          |      |                         |
| 10pm |  |                |                 |                          |                   |                                       |                                   |                              |                           |          |      |                         |

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