

Adirondack Canoe Symposium 2023

Class Descriptions

CORE CLASSES: (Friday 1:30 – 4:30, Saturday and Sunday, 8:45 AM – 11:45 AM)

Core classes consist of three, 3-hour sessions for a total of 9 hours of instruction. The sessions will be held on Friday, Saturday, and Sunday; times as indicated above. Register for all three sessions for the same class, as the sequential nature of skill acquisition builds upon the prior classes. Students in a class stay together as a group with a different instructor for each session, allowing students to experience learning tips from a variety of instructors. A Saturday and Sunday option (two sessions at 3 hours each) is available only for those unable to arrive for the Friday session. *Note: FreeStyle and Special Topic Classes will each require a minimum enrollment of three students. Registrants will be contacted prior to the event if enrollment requirements are not met, to discuss other options.*

Beyond the Basics for Canoe: In this class, you will learn the basic skills needed to begin having good boat control. The class will assist paddlers in gaining greater efficiency and effectiveness in canoeing. Strokes and maneuvers taught in this class include forward, reverse, C, J, sweeps, draws, push-aways, sculling, and braces

Freestyle Building Blocks: An intro to FreeStyle and quiet water skills review. For paddlers who have never tried FreeStyle. Even for experienced paddlers, refine your efficiency for precise forward, reverse, correction, and control strokes. Learn FS concepts, and fine tune existing skills. A solid foundation for FS, and beginning your first FS maneuvers

Freestyle Forward: In this class, we will elaborate on skills learned in previous classes, and add ways to turn the canoe and to move the canoe laterally. These include the Axles, Christies, Wedges, Posts and Sideslips in the Forward Quadrant.

Freestyle Cross Forward: In this class, we will review skills learned in the Forward Class and introduce

Cross Forward strokes and maneuvers, including Cross Axle, Cross Post, Cross Wedge, Cross

Christie, cross sideslips, and linkages.

Freestyle Reverse: In this class, we will review all techniques learned in previous classes, and add techniques specific to paddling in reverse.

These include various reverse strokes, Reverse Axle, Reverse Post, Reverse Christie, Reverse Wedge, Reverse Sideslips, and linkages.

Freestyle Cross Reverse: After a review of previous classes, we will introduce Cross Reverse strokes and maneuvers, including XR Axle, XR Post, XR Christie, XR Wedge, XR sideslips, and linkages.

Fine Tuning: Fine tune your maneuvers and linkages of maneuvers. First class

focuses on Forward and Cross maneuvers; 2nd class tunes reverse maneuvers, 3rd

class refines Cross Reverse maneuvers

Exhibition: Did you ever consider paddling a canoe routine to music? In this class, we will deal with developing a paddling routine and provide coaching for those interested in exhibition/competition.

SPECIAL TOPICS: (Friday 9:00 – 11:00, and Saturday 1:30 – 3:30).

Classes are not offered every day. Check the Registration Form for the schedule of Special Topics. Class offerings will depend on interest and instructor availability.

Bog by Boat: Join our resident wetland biologist for a short paddle to see wonderful boreal bog plants. And practice your paddling skills negotiating logs, stumps, etc., to get up close. Limited to 5 boats.

Forward Stroke Clinic: A good Forward Stroke is the basis of efficient paddling. Work on a perfect uncorrected forward and cross forward strokes and test them “Paddling the Inside Circle”.

Heeling and Kneeling: Learn how to be comfortable while heeling your boat. Gain confidence in moving around in your canoe from a seated (three point) to a two-point kneeling position and high kneel (optional). (

Paddling in Wind and Waves: Learn techniques to have better control of your boat when paddling in windy, wavy conditions. (Saturday afternoon)

Playing with Paired Solo: For solo paddlers who would like to work in a fun session with other solo paddlers on boat control with a buddy, basics of

paired solo, beginning paired maneuvers, working with music and timing. A light and informal session with focus on the fun of playing with combinations of maneuvers with friends. (Friday morning)

Touring Technique: We don't always paddle in circles. Work on efficiency in long distance travel, using a bent shaft paddle and Sit & Switch technique. BYOB (bring your own bent paddle). (Saturday afternoon)

Moving Around in your Canoe: Learn how to comfortably change positions in the canoe from forward to cross, reverse and cross reverse and heeling positions.

Canoeing for Kids: Parents must be onsite

European Freestyle Community Paddling Techniques: Group synchronous paddling, choreographed to music. All are welcome to join in a Saturday evening community paddle with our European friends. This workshop is for those that would like a bit of optional instruction prior to participating.

OTHER ACTIVITIES:

Interpretive FreeStyle Exhibition: (Saturday PM) Watch advanced FreeStyle paddlers perform routines set to music or sign up to be part of the exhibition and demonstrate skills you have learned! Open to all, but no judging will happen, and no prizes will be awarded.

WCHA Paddle-by and Salute: (Friday at 6:45 PM Lower St Regis Lake). Be part of the annual "parade" of wooden boats!. Paddlers in costume make this event even more entertaining. This is a wonderful Assembly tradition. Please join in the fun!

Candlelight Paddle: Friday at dusk, weather permitting. Come and paddle your canoe to music over the night-darkened Lower St Regis Lake.

Private Instruction Sessions: Work one on one with the instructor of your choice in a private session on the topic of your choice. Contact event organizers to discuss the type of instruction desired and scheduling.

Adirondack Canoe Symposium 2023 Tentative Schedule

Thursday, July 13

10 – 12, 2 - 4	Registration.
1:00 – 4:00	Free paddle on Church Pond or visit the WCHA displays.
4:30 – 5:30	Meet and Greet. (Location TBD)
5:30 – 6:30	Dinner

Friday, July 15

7:00 – 8:30	Breakfast
8:45 – 9:00	Safety Talk (Church Pond).
9:00 – 11:00	Registration. (Location TBD).
9:00 – 11:00	Special Topics (Church Pond)
12:00 – 1:00	Lunch
1:15 - 1:30	Safety Talk (Church Pond).
1:30 – 4:30	FS Class Session 1 (Church Pond).
5:30 – 6:30	Dinner
6:45	WCHA Paddle-BY and Salute (Lower St Regis Lake).
9:00	Candlelight Paddle (Lower St. Regis Lake).

Saturday, July 16

7:00 – 8:30 AM	Breakfast
8:45 – 11:45	FS Class Session 2 (Church Pond)
12:00 -1:00 PM	Lunch
1:30-3:30	Special Topics
5:00 - 6:30 PM	Dinner
7:00 PM	Freestyle Exhibition (Church Pond)
7:45 PM	European Community Paddle
8:45 PM	Social time location TBD

Sunday, July 18

7:00 – 8:30 AM	Breakfast
8:45 – 11:45	FS Class Session 3 (Church Pond)
12:00 -1:00 PM	Lunch
1:00	Depart for home