



What is Canoe U?

Canoe U is a series of whitewater canoe and kayak courses taught by American Canoe Association (ACA) certified instructors. Many classes consist of one pool session and two river weekends. The majority of instruction is on the water.

Who can participate?

Anyone interested in learning how to handle a canoe or kayak on whitewater or refresh and hone their whitewater paddling skills. Previous whitewater experience is not a prerequisite to enroll in a Fundamentals class; however comfort on and in the water is a plus



How many times and where do these meet?

All the "Fundamentals" courses consist of three sessions, a Sunday evening introductory session and two full weekends on local rivers.

Canoe U Introductory Class and Pool Session

Held at the Brooklyn Center Community Center this four-hour session consists of a classroom discussion followed with boat time in the pool.

Weekend 1: (a.k.a. Canoe U Weekend)

St. Croix State Park near Hinckly, MN.

Shared cabins, tent or RV camping are available. Food is provided from Saturday breakfast through Sunday lunch.

Weekend 2: (a.k.a. Graduation Weekend)

Robinson Park, Sandstone, MN.

Tent camping only. Dinner on Saturday night is the only meal provided.

The rivers used typically include the Kettle, St. Louis and St. Croix Rivers. The exact river depends on your course and river conditions at the time.

These courses build skills progressively, so participation in all sessions is expected.

The advanced courses (whitewater refresher, continuum) meet only one weekend. Details for the advanced course are on the next page or visit the Rapids Riders website.

Does Rapids Riders supply boats and other gear?

No, but if you don't have what is needed, contact us and we will help you find the appropriate stuff. You will need a boat, paddle, PFD, helmet, and suitable clothing.



2017 Dates/Locations

May 7, 2017 5 pm - 9 pm

Brooklyn Center Community Center Pool
Brooklyn Center, MN

May 20-21, 2017

St. Croix State Park
Hinckley, MN

June 3-4, 2017

Robinson Park
Sandstone, MN

Where do I sign up?

Visit

RapidsRiders.org

to enroll and for more details.



What courses are offered?

Kayak - Whitewater Fundamentals

This five-session whitewater kayak course teaches the fundamentals. Start in the pool and progress through flat water and moving water onto Class II whitewater. You'll learn basic strokes and techniques for boat control, maneuvers like eddy turns and peel outs, plus river safety and rescue skills. Course also covers river reading, personal gear and tips on outfitting your kayak.

Cost: \$270

(\$240 for ACA members)

Dates: May 7; May 20–21; June 3–4, 2017

Kayak - Whitewater Refresher

This two-day kayak refresher course provides returning students a whitewater tune-up. Work on improving stroke effectiveness, making successful ferries, peel outs, eddy turns and S-turns on moderately challenging whitewater. Course helps build competency and confidence.

Cost: \$170

(\$140 for ACA members)

Dates: May 20–21, 2017

Kayak - Whitewater Continuum

This intermediate course is for those comfortable in class II whitewater who want to work on precision boat control. River time will be geared towards improving water reading skills and preparing to run bigger stuff. We'll identify "friendly" features and practice surfing waves, playing holes, and self-rescue.

Cost: \$170

(\$140 for ACA members)

Dates: June 3–4, 2017

Kayak – Refresher/Continuum Combo

You get both the Whitewater Refresher and the Continuum course and save money.

Cost: \$270

(\$240 for ACA members)

Dates: May 20–21; June 3–4, 2017



Where do I sign up?

Visit

RapidsRiders.org

to enroll and for more details.



Essentials of River Canoeing, Tandem or Solo

This five-session course teaches the fundamentals for canoeing on moving water. Start in the pool, progress through flat water onto moving water up to class I. You'll learn basic strokes and boat control, maneuvers like eddy turns and peel outs, plus river safety and rescue. Course also covers river reading, trip planning and how to choose gear.

Cost: \$270

(\$240 for ACA members)

Dates: May 7; May 20–21; June 3–4, 2017

Canoe - Whitewater Fundamentals, Tandem or Solo

This five-session comprehensive canoe course is for solo and/or tandem paddlers interested bigger/faster water. Start in the pool, progress through flat water and then onto moving water to practice maneuvers like eddy turns and peel outs. Graduation weekend will be spent running class I and II rapids on rivers rated class II-III. Course also covers river reading, safety and rescue skills, what gear to take and how to properly outfit your canoe.

Cost: \$270

(\$240 for ACA members)

Dates: May 7; May 20–21; June 3–4, 2017