

All lessons below have a prerequisite:

Must have participated in at least 3 kayak day trips. Best suited to someone who has also received some basic instruction in kayak theory.

Theory Session #1 - Tides and Currents. *Sunday May 10 2026 6:00-8:30pm*

This theory session will provide learners with a moderate understanding of tides and currents. We'll determine where to find information about tide heights and current speeds, and how to interpret that data. We'll look at the potential impacts while kayaking and how this information is connected to nautical charts and route-planning.

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Theory Session #2 – Navigation basics. *Sunday May 17 6:00-8:30pm*

This theory session will support people to increase their skills, knowledge and comfort with kayak navigation. We will spend time reading and interpreting navigational charts. Learners will use charts to identify common symbols, assess hazards and determine possible sites for launching and landing. We'll also introduce some basics for how to plan and navigate a route.

Theory Session #3 – Leadership, Risk Assessment and Decision-making skills

Sunday May 24 6:00-8:30pm

This theory session will provide learners with an understanding of effective leadership skills; how to develop and sustain group awareness and the importance of sound decision-making skills. We'll look at risk assessment concepts and terminology, and discuss equipment that can be used for emergencies.

Theory Session #4 – Weather and Final Trip Planning

Sunday May 31 6:00-8:30pm

This theory session will cover some fundamentals of weather - local and regional weather patterns; cloud-types; high and low pressure systems; signs of weather change and the effects of wind over water.

We'll also support you with any additional queries or questions you may have in order to plan a short trip.