



Canoe Kayak and Paddle Company, CKAPCO

(Pronounced: Cap-ko) is an active, focused, outdoor education and adventure provider with years of experience. All instruction is American Canoe Association (ACA) compliant. All lead instructors are ACA and First Aid/CPR certified. A high quality kayak and gear is provided, or you may bring your own.

This limited brochure attempts to focus on paddling opportunities that are local and popular. We do much more than what's presented here. Information is available on our web site: **www. CKAPCO.com**. To summarize some of the many unlisted activities for Canoe and Kayak:

CLASSES: ACA Certification Classes of all levels of Kayak and Canoe; ACA Assessment classes all levels; Girl Scout/Boy Scout Leadership Training; Scout Merit Badge; Navigation, Intermediate white water trips; Swift Water Rescue; Kayak Rolling and much more.

Trips: We coordinate annual trips to the Middle Fork of the Salmon, Idaho (July 30 this year). Winter Ocean Kayak trips to great getaway destinations like Tybee Island Georgia and areas of Florida; Seasonal paddling in Chesapeake Bay and the Eastern Shore; Mid-Atlantic Area Ocean Paddling Trips; Open Water and Surf Clinics. Local Maryland trips include: Annapolis, Thomas Point Light House; Antietam Creek guided through historic Antietam Battlefield. We also design trips specific to your needs.

Services: We bring our equipment and talent to your venue to conduct demonstrations, trips and classes. i.e. moonlight canoe/kayak trips as well as local white water trips. Instructional trips, birthday parties and Corporate Team Building events. We are expedition outfitter capable. Gift Certificates available.

Give us a call.

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www.ckapco.com



Kayak Classes & Trips

Spring 2010 schedule



www.ckapco.com



2010 Spring Schedule

**Canoe Kayak
& Paddle Co.**



CLASSES: Reston and Arlington

Note: 1/2 day Classes are \$60; Full day Classes are \$110 all discounts included (\$25 savings). Special Courses and clinics are quoted separately.

Level 1 Kayaking (L1) - a 1/2 day session for beginners providing an introduction to basic paddling skills and safety. Experience the fun of kayaking; a chance to try different boats and paddles. No prior experience is necessary. (May be combined with L2 which builds on L1 skills)
9 am -12 pm

Level 2 Kayaking (L2) - focuses on rescue and additional skills. Self and assisted rescues beginning with the wet exit are taught and practiced. Plan to get wet! This is a 3 hour flat water course that is highly recommended for those who are considering buying a kayak. Participating in both L1 and L2 courses provides the skills for most of our trips.
12:30 pm - 3:30pm

Level Three Kayaking (L3) - this workshop concentrates on stroke and maneuver refinement; utilizing the best techniques for *body*, *boat* and *blade*. Focus is on boat control; using edging for grace and efficiency with advanced strokes. L2 class or experience is a prerequisite.
9am - 3:30pm

EZ Whitewater Kayaking - an opportunity to transfer and expand your talents to the short WW kayaks on river rapids, class 1-3 WW. See CKAPCO's website for a complete description,
www.CKAPCO.com
9am - 3:30pm

Kayak Rolling, Private Instruction, Private Trips, Rescue Classes for Kayak or Canoe by appointment.

BASIC CLASSES: (skills, safety and fun)

Level 1 (L1): 9am-12pm

4/10, 4/25, 5/1,

L1 & L2: 9am-4 pm: L1 class followed by L2 afternoon class.

5/15, 5/23, 5/30. 6/5, 6/13, 6/19, 6/26

BEYOND THE BASICS (more skills, safety and fun)

Sea Kayaking Spring Tune Up:

4/3/2010

EZ White Water: 5/1, 5/14 and 5/15

WW Kayak Clinics 1-2 day: 4/30-5/1, 6/6-7

L1 - L3 River Canoe (RC):

4/17 -L-1, 5/15, 6/19

ACA Instructor Certification courses:

Level 1 through Level 3, Four (4) day courses: River Canoe, River Kayak and Touring/Coastal Kayak

SPRING TRIPS:

3/28/2010 Cherry Blossom Buds DC Trip
4/4/2010 9:00 AM Easter Egg Paddle DC Trip
5/2/2010 WW N Branch
5/9/2010 9:00 AM Moms Day DC Trip
5/2/2010 DC Trip
5/9/2010 Moms Day DC Trip
5/22/2010 9:00 AM DC Trip
5/23/2010 9:00 AM WW Kayak Class/trip
5/29/2010 DC Trip
5/31/2010 Memorial day Trip
6/6/2010 DC Trip
6/9/2010 Bay Trip
6/12/2010 9:00 AM DC Trip

DAY TRIPS:

Half and Day Trips in and around DC Washington Waterfront

Launch from Columbia Island, in the shadow of the Pentagon, visit Historic Roosevelt Island, Key Bridge, Georgetown Waterfront, Watergate, Rock Creek, Kennedy Center, Memorial Bridge, Lincoln and Jefferson Memorials, Lee Mansion and Washington's Monument. All from a unique perspective. Bring your camera.
3 hours \$65.

Historic Potomac-Seneca Creek Loops, Riley's & Violette's Lock, Algonkian to Riverbend.

Trips for every interest and skill; to Seneca Creek, Riley's Aqueduct mill ruins where stone for the Smithsonian Castle was cut. Violette's Locks, GW's Canal, Pennyfield's Spooky tunnel, Riverbend.
5 hours \$80.

Mason Neck Wildlife Refuge or Occoquan Put-ins

Tide and wind dependent. Half-day trip easy and exquisite. Paddle the Belmont Bay rim, high clay cliffs. Kane's Creek, wild rice with eagles, lilies, ospreys and herons. 3 hours \$65.

Chesapeake Bay, Annapolis, Antietam Creek, Tybee Island GA., Middle Fork Salmon, Idaho.

Whitewater trips, Potomac, Shenandoah etc.

Trips at your request. One half day \$300 up to 4, \$65 each additional person.

BE SURE to check the **CKAPCO** schedule on the website for additions, updates and changes. Call Mike 7am - 6pm any day, **703-264-8911** or email: mikearonoff@aol.com

www.ckapco.com