

SKSA Personal Training

Thoughts

Are you self conscious practicing in front of other students? Do you have specific training requests or special needs? Do you want an intensive custom program to bring you to a high level of skill efficiently? Personal Lessons may be perfect for you.



Prerequisites: *Be prepared to describe your experience and needs.*

Next Step: *Learn at your own pace and reach your desired level with a customized program of Instruction.*

Topics Covered

Any of the standard curriculums may be adapted to a custom program of personal training. We can customize classes ranging from a short introductory lesson or extended program for the beginner, to targeted, tuning of strokes, maneuvers and operations for the advanced paddler, Instructor or racer.

Details and Requirements

The timing, duration and frequency of lessons will be specified by the student subject to existing commitments. Programs can be designed to fit specific needs. Intensity of training ranges from relaxed to intense depending on interests and commitment of the student. Private (1), semi-private (2) and small group programs can be designed with rates adjusted accordingly. Travel surcharge may be applied outside central Long Island area.

Basic Equipment includes a properly outfitted kayak with paddle and related safety equipment including PFD, spray skirt, paddle float, pump and sling. This equipment will be provided for the beginner, although it is best to use your own equipment if available. Please advise us on any equipment you plan to bring, before the class.

Personal Equipment recommendations include clothing suitable for immersion (synthetics, no cotton) and water shoes (no open-sided sandals). The student should come prepared for brief periods of immersion while practicing certain skills. Some students prefer to use nose-clips, earplugs, and/or swim goggles during immersion – all are acceptable, though generally not required. Other items of personal responsibility include sunglasses, sunscreen, hat with visor, bug repellent and spare (dry) clothing. In cooler weather or on windy days a wind breaker may also offer comfort.

NOTE: We are not responsible for lost or damaged personal items. Plan to leave electronic keys, cell phones, etc. on shore or in a floating, waterproof container. Consider retention aids for prescription glasses, hats and other items dear to you.

Special Requirements

Please bring your desire to have fun and a spirit of adventure. In order to best serve you please advise us of any personal issues when registering so that we can prepare in advance for special paddling equipment. Let us know in confidence of any medical issues prior to the start of class. We accommodate most concerns.

Costs and Fees

Class Fees	Boat and Gear Rental	ACA Participation Card
Solo: \$75/hr, Semi: \$45/hr	Available on request	Available for ACA Curriculums