



Ocean Alba
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Learning to roll can be a tricky business but if your reading this then your heading for success. We've worked with a great number of people from complete beginners to people who have had intermittent success. Our rolling clinics promise to improve your awareness, confidence and will give you the very best start at learning to roll your kayak.

You'll find everything you need to know about our courses in this document, if however you need a little more clarity, please get in touch using the contact information above.

How much is it?

Our clinics cost £210.00 for a full weekend.
Our 2 hour Friday evening cost is £55.00

What's included?

When you book a course with Ocean Alba you are well looked after. We only use the best equipment and will only feed you locally sourced (often home cooked) food.

We supply you with –

6 – 7 hours loch time

4 hours pool time

A sea kayak

Paddles

Buoyancy aid

Spray deck

A waterproof paddle jacket and trousers

A paddle float (for pool use)

Dry bags

Photos of our adventures

Video footage from the pool

You'll share your coach with up to 3 other people

You'll have a home cooked lunch (usually soup & homemade bread)

Tea/coffee & cake

Your coach will carry all necessary safety equipment including 1st aid supplies.

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You should bring

For the loch sessions

Thermal top and bottoms (not cotton)
2 x warm fleece or similar warm tops
A full change of clothes
A towel
A warm hat and gloves
1 litre of drinking water

For the pool

Swimming goggles (not a snorkel mask though)
Swim wear
Thermals for pool use (don't worry the pool is heated)
A nose clip

We welcome you to bring your own paddle and kayak. Please let us know in advance if you plan to do this. We are required (by the pool) to thoroughly clean our boats inside and out prior to using them in the swimming pool.

Course Information

We'll usually meet for 0900hrs at the layby in Kenmore on Loch Tay. We'll send you a map and directions when you book.

Using the bay, we'll think about body movements, connectivity and power transfer... in a nutshell we're going to take our understanding of our body/boat/paddle relationship to a new level. These flat water sessions are essential to progressing with our roll. A good understanding of how things work when your upright make it substantially easier when your not upright.

Around 1230hrs we head back into Aberfeldy and take lunch at the Ocean Alba base. Here we'll watch video footage of a variety of rolls, common problems and solutions.

At 1400hrs we'll drive to the pool (3 mins) ready for our 2 hour pool session. We'll be away from the pool before 1700hrs. During the pool session your coach will do a "round robin" giving you new exercises to work on as well as specific feedback.

Friday Evenings

If you've booked one of our Friday sessions we'll meet at the pool for 1830hrs and be away from the pool around 2130hrs.