

Friday						
18:00-	Registration open, signup for sessions					
21:00-22:30	Documentary on Inishkeas whaling station followed by music session					
Saturday						
08:45-09:30	Instructors and leaders meeting					
09:30-10:00	Briefing for all					
10:00-13:00	Half day intermediate trip	Surfing for sea kayakers	Incident management – rock gardens	Greenland rolling for beginners	Full day intermediate trip	Full day advanced trip
13:00-14:00	Lunch					
14:00-17:00	Half day intermediate trip	Surfing for sea kayakers	Rock hopping	Fishing lines for sea kayakers		
17:45	Wreath laying for Crew of R116 at Blacksod Lighthouse					
18:30	AGM					
19:15	Dinner					
21:30	Pub quiz with raffle					
Sunday						
08:45-09:30	Instructors and leaders meeting					
09:30-10:00	Briefing for all					
10:00-13:00	Half day intermediate trip	Surfing for sea kayakers	Incident management – surf	Greenland rolling for beginners		Full day advanced trip
13:00-14:00	Lunch					
14:00-17:00	Yoga for Sea Kayakers	Basic paddling skills with strokes clinic	Trip planning / coastal navigation	Kayak repair		