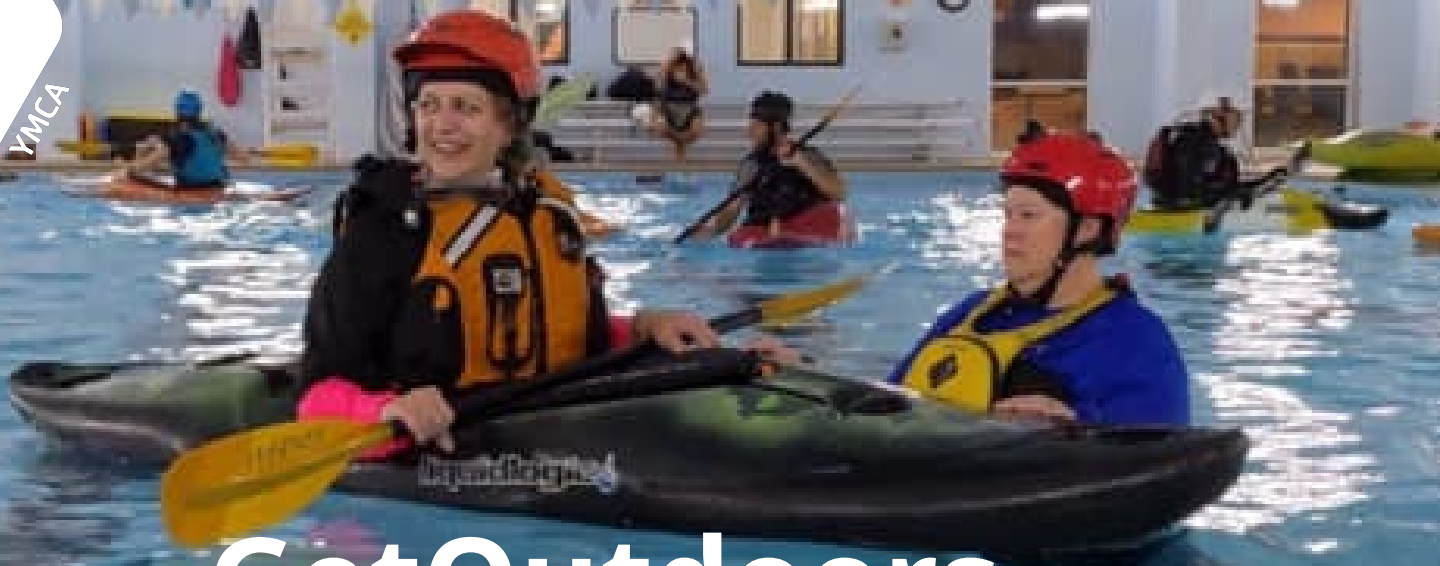


the



YMCA



GetOutdoors Kayaking Clinics

One of the largest canoe, kayak, and bicycle retailers in the Southeast, GetOutdoors offers a variety of safety and skills classes, as well as kayak demos, and day or overnight trips at many of the region's top paddling destinations. Experience learning how to paddle comfortably and safely with the most knowledgeable and passionate staff in the business!

Rolling Clinic

January 10 to March 21 | Tuesday/Thursday evenings
from 6:30pm-8:30pm

Become a more skilled and knowledgeable paddler in this five session, kayak rolling focused clinic! Wet exits, proper form, stroke techniques and bracing are also covered.

Cost:

\$160 with your own gear | \$260 with no gear
YMCA members enjoy 20% off!

*The first session kicks off in-store, while the remaining 4 sessions are held at the Mary Perry Ragsdale Family YMCA

Saturday Clinics

January 14 to March 25 | Saturdays from 1:30pm-4:00pm

Open Roll Sessions | 1/28, 2/25, & 3/25 | \$10

Get some kayak rolling practice in! Note: This session is not instructional.

Adaptive Paddling | 1/14 & 2/18 | \$20

Designed to teach paddling to those with physical disabilities in the comfort of an indoor pool setting, each session is customized to a participant's abilities.

Rescue/Recovery Classes | 1/21, 2/11, & 3/11 | \$50

Learn and practice basic kayak and/or paddle board rescues from the comfort of an indoor pool.

YMCA members enjoy 20% off!

*All clinics held at the Mary Perry Ragsdale Family YMCA

Register today at <https://shopgetoutdoors.com/pages/book-online>

For more information, visit <https://shopgetoutdoors.com/>