



Indoor Pool Sessions Winter 2018

All Class Times are 5:00pm to 7:00pm
All Deep end Sessions 5:30pm to 7:00pm

Saturday	Sunday
February 10	February 11
February 24– Kids only class!!	February 25
March 10	March 11

To register email: info@playva.com

The rolling class is taught in an indoor pool. You will spend two hours with instructors learning and refining the kayak roll. No experience is necessary, or if you have paddled for a while but haven't been able to nail the roll, we can help you too. All of the equipment is provided. There will be a place to change and dry off before and after the class. Bring clothes that you would normally wear in a pool. Keep in mind that it does get chilly and a neoprene, polypro, or other synthetic shirt will help stay warm. Also, some like to have nose plugs to make your time upside down more enjoyable. We will have some for purchase onsite.

LOCATION:

Massad YMCA on Butler Rd.

From I-95: Take the Falmouth / Rt. 17 Bus. exit. Follow that down the hill across Rt. 1. The YMCA will be on your right about 1 Mile after Rt. 1.

From points in Fredericksburg city: Take Route 1 north across the Rappahannock River. Take a right at your first light (Butler Rd). The YMCA will be about 1 mile on your right.

COST PER CLASS:

\$50.00 one session

\$45.00 two sessions*

\$40.00 three or more sessions*

*In order to receive the discount, all sessions must be paid for at once.

Deep End

If you have your own equipment and want to work out in the deep end with no instruction, the Deep End is for you. An hour and a half of workout time will allow you to build your confidence and prepare for spring. Deep End Sessions lasts 90 Minutes.

COST DEEP END:

\$10.00 per session

****All pool session participants are required to pre-register by email****

****All boats must be thoroughly cleaned out before putting them in the pool.****