

Indoor Pool Sessions Winter 2020

Saturday Evening 5:00 - 7:00

January 18
February 8
March 7 Kids only class!!9-15

Sunday Afternoon 1:00 – 3:00

January 19
February 9
March 8

All Participants must register by email at info@playva.com

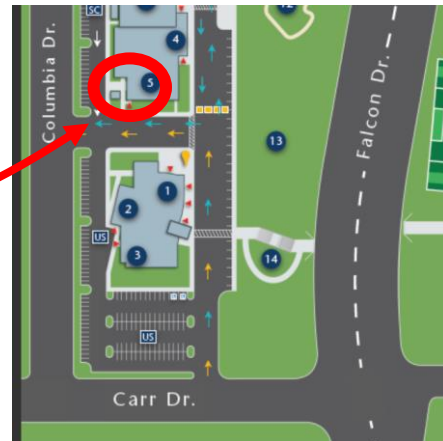
The rolling class is taught in an indoor pool. You will spend two hours with instructors learning and refining the kayak roll. No experience is necessary, or if you have paddled for a while but haven't been able to nail the roll, we can help you too. All equipment is provided. There will be a place to change and dry off before and after the class. Bring clothes that you would normally wear in the river. 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.

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. Two hours of workout time will allow you to build your confidence and prepare for spring.

NEW LOCATION!!!:

Fredericksburg Academy Aquatics Center
10800 Academy Dr
Fredericksburg, VA 22408



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.

COST DEEP END:

\$10.00 per session

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