



OPEN KAYAK TIME

April 3rd, 10th, 17th and 24th

Glens Falls YMCA Pool

Members \$15.00 Non members \$20.00

Join us for some dedicated pool time for practicing kayaking skills, learning or perfecting maneuvers like the kayak roll, where paddlers can safely practice getting back upright in the water while upside down in their kayak, all within a controlled environment with shallow water and easy access to the pool edge; it's often used for beginners to gain confidence or experienced paddlers to refine their technique.



SARATOGA REGIONAL YMCA
SRYMCA.ORG



SCAN HERE to learn more!