



Park Party

Paddle/Walk/Chow



**YMCA & Endless River Paddling
are teaming up again!**

July 28th 11:00am-2:00pm

*Show up at Steamboat Park (btwn Legion & amphitheater) and take in a walk through the Lafromboise, leisure or intense paddle time, and bring a sack lunch!**

- Walk the island 11:00am-12:00pm
- Paddle Board HIIT Class-12:00pm
- Paddle Board Yoga/Stretching 1:00pm
- Leisure time for paddling 11:00-2:00pm
- Eat any time, relax & enjoy!

Bring your own board or rent one:

(to reserve a board contact Jess Burchill @ Endless River Paddling - \$25.00)

**come and go as you please*



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