

PADDLEBOARD CLASSES

AT BUBBLING SPRINGS

NEW
PROGRAM!

Sup Yoga

SIGN UP
FOR ANY
OR ALL 4
DAYS!



Saturdays - July 9, 16, 23, 30

8:30 am - 10:00 am

\$40 per person

Come enjoy a serene yoga practice, with the added challenge of being on the water! No previous paddle boarding experience is required: the instructor will offer adjustments to accommodate a broad range of skill levels. Whether you love yoga or just want to try something new, this class is for you! **AGES 18+**

SIGN UP
FOR ANY
OR ALL 4
DAYS!

Sup 101

Tuesdays - July 12, 19, 26, August 2

6:00 - 7:00 pm

\$40 per person

Whether you are a brand new paddler, or a recreational paddler interested in mastering the basics, this class is for you! In Sup 101, we will learn a variety of basic paddle strokes while using good body mechanics. You'll come out of this class with more confidence and control while paddling! **AGES 18+**



* ALL EQUIPMENT PROVIDED *

* MUST BE ABLE TO SWIM *

* LIMITED AVAILABILITY *

How to Enroll -Go online to www.westmilford.org. Click on Community Services & Recreation.

Then **"REGISTER HERE FOR PROGRAMS"**. Look for "2022 SUMMER PROGRAMS"

If you need assistance, call the Recreation Office at 973-728-2860. Monday-Friday, 8:30 a.m. – 4:30

SPONSORED BY:



973-728-2860

