Family and MWR Outdoor Recreation

LEARN TO STAND UP PADDLE BOARD

August 12 & 26
September 9 & 23

Wednesdays; Departure from Roslyn Landing at 5:30 P.m.

Stand-Up Paddle Boarding is a thrilling watersport experience. This activity is an exciting full body workout that allows you to explore a scenic trip on the Appomattox River. Participants must wear shorts and a t-shirt (or bathing suit - something that moves with you) and shoes you don't mind getting wet. Participants must be able to swim and have exceptional balance. Layout and route of the trip is provided. **Pre-reigstration is required.** Participants must register at least one day prior to the day of the event. All equipment will be supplied at Rosyln Landing upon arrival. Equipment includes Stand Up Paddle board, life jacket, and paddle. **Cost is $12 per session.**

DETAILS: (804) 765-2212 LEEMWR.COM FORT LEE FMWR