



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Open Paddling

Lap Pool: Kayaking/Paddling @ Central YMCA

January 29th - May 28th

1213 W Civic Center Dr
Traverse City, MI 49684
(231) 933-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
2pm							Open Paddling 2pm - 4pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.