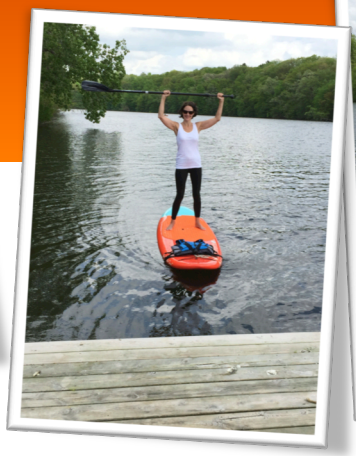
Women Only Paddle



Week One – basic paddling

Starting with on-land paddling instructions, we will move to getting on the board safely and without fear of tipping. When ready we will stand up and paddle!

Off to the "beach" we will go where we will take a break, ask questions and have the opportunity trade boards if desired.

Week two – review paddle basics

We will again paddle to the beach. This week we will meet up with Chris Rode, certified Paddle Fit instructor, for some group tips and individual instruction. If desired, some members of the group can paddle up to Barton Dam to take a look!

Week three - lets get some yoga on!

The group will paddle up to the beach then gather in the wide spot of the river for some yoga posing. Paula is not a yoga instructor but enjoys the challenge of poses on the board. Hopefully the weather is hot and we will want to fall in! P.S. the Huron River is pretty clean and clear near the dam.

Week four – Paddle Fit segment

We will once again paddle up to the beach where Paddle Fit instructor Chris Rode will lead us in some boot camp – type exercises on the boards.

Week five – race training!

This week the group will paddle up to the beach where we will learn race turns. Even if you are not interested in racing it will be fun to learn more about turning the board.

Week six – the class chooses!

Yoga, paddle-fit, race training… the group can decide!