



# FREE ROWING AND KAYAKING LESSONS



## National City Aquatic Center

Pepper Park 3300 Goesno Place, National City, CA 91950

**AGES:** 12 years and up

*(Children must fit into equipment)*

**Dates:** December 23

December 27-31

January 3-5

**Time:** 8:00 am - 2:00 pm

*Three session start times per day:*

**8:00 am, 10:00 am, and 12:00 pm**

- First-come first-serve, no registration required but all participants will have to complete a waiver to participate.
- All boating equipment and life jackets are provided.
- Wear water shoes and workout clothes that are snug-fitting but not restrictive.
- Bring a change of clothes, a hat, sunscreen, water bottle and sunglasses.
- You may also bring a picnic lunch and enjoy Pepper Park for the day.

For questions please contact: [learntorow@communityrowingsd.org](mailto:learntorow@communityrowingsd.org) or 619-495-0701