

Morning Fitness Exercise Paddle Free to all WWTA Members!

Every Tuesday and Thursday from 7:15-8:30 am from September to March.

Stay in shape by paddling before work with Kayak Academy and friends on Lake Sammamish. These trips will be led by John LaMunyon (or other volunteers when John can't). Meet at 7:15 am at Lake Sammamish State Park, Tibbetts Beach. Put in at 7:30 am, paddle for an hour on Lake Sammamish, and off water by 8:30. It's a great way to get fit and stay in shape for your weekend adventures.

This class is open to all sea kayakers with prerequisite safety training (*ie*: Kayak Academy's SK101 or higher/equivalent) who can keep up a 3-4 nautical mph pace for one hour. This is NOT a guided tour or beginner lesson. It's free if you bring your own sea kayak and wet suit or dry suit. For equipment rental, call ahead to reserve for pick-up at the lake (\$15/kayak rental; \$10/wet or dry suit rental).

Tips: Suit up at home, bring wheels for transporting your kayak from the parking lot to the lake and have all of your gear in a rucksack to insure only one trip from the parking area.

Prerequisites: Sea kayak safety training (*ie*: Kayak Academy's SK101 or higher/equivalent). Check with Kayak Academy at (206) 527-1852 about equivalency. A Washington State Parks Discover Pass is required in order to drive into the park.

Location: Tibbetts Beach, Lake Sammamish State Park. Look for the "Issaquah Paddle Sports/K.A. shed.

Tuition: Free if you have your own equipment

Rental: Kayak Academy offers reduced rental rates for these fitness sessions, but you must call a couple of days ahead to make a reservation.

Leader: Volunteers, generally John LaMunyon