



# Paddle On with High Level Canoes & Kayaks

**July 31 - 12:00PM – 1:00PM**

**Anderson Hall 100**

**What:** Summer is here and a great way to get out and enjoy the weather is on the water! Lethbridge's own High Level Canoes and Kayaks will be leading a session talking about canoeing, kayaking, and paddle boarding including technique, lessons, rental information and the best local spots to hit the water!

**Hope to see you there!**



Light snacks will be available.

**[Register Online](https://www.wellness@uleth.ca) or email: [wellness@uleth.ca](mailto:wellness@uleth.ca)**

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