



Join us on one of Seven Rivers family Paddles.. Each trip will begin with a 15 minute paddle lesson; teaching four essential paddle strokes, boat safety and balance followed by boat fitting. While on the water you will apply your new skills as you are guided in perfecting your strokes and exploring the local waters of Barrington.

July 27th Two hour paddle on Barrington's own Stonehouse pond. This trip is a great morning outing for the whole family. Throughout the trip the guides will paddle alongside you offering paddle tips and sharing some interesting facts about the area.

August 10th Paddle on Bow Lake. Participants will enjoy the opportunity to paddle around the pond and explore some of the islands. Midday we will stop on one of the islands for lunch. After lunch we will work our way back to the boat launch. Through out the trip the guides will paddle alongside you offering paddle tips and sharing some interesting facts about the area.

Barrington Recreation Family Paddle Sessions

July 27th 9:30am - 11:30am \$ 40 per person
August 10th 10:30am - 1:30pm \$45 per person

Paddling Locations

July 27th: Stonehouse Pond

August 10th: Bow Lake

Our **mission** is to provide quality paddling instruction for children, adults, families, and mixed age groups using cutting edge experiential teaching techniques, in hopes to foster a deep love and life long attachment to paddle sports

To register please go the Town of Barrington Recreation website.