



Kayak Rolling Session

The rolling class is taught on the flat water Rappahannock Quarry. You will spend two hours with instructors learning and refining the white water kayak roll. No experience is necessary, or if you have paddled for a while but haven't been able to nail the roll we can help you too. All of the equipment is provided; all we ask is that you bring the following list of items to make yourself more comfortable.

Equipment List

Bathing Suit
Water Shoes (worn throughout the class)
Nylon Jacket
Dry Change of Clothes
Sunscreen
Insect Repellent
Water (at least 1 Liter, no glass bottles)
Lunch and Snacks

Remember that the class is held rain or shine, so the cool evenings may dictate that you bring warmer clothes for in the water. **Non-cotton** clothes are the only way to stay warm in cool water. A wool or fleece sweater, wool socks under your river shoes, or a nylon jacket will help to keep you warm when wet.

Class times are 4:00 PM until 6:00 PM

Meet at the VOC - 3219 Fall Hill Avenue Fredericksburg, VA 22401

Cost: \$45.00

See you on the water!!!