



Ramsey  
Parks &  
Recreation  
presents:

# Join the Fun: Experience Paddleboarding 101



## Come & Enjoy an Amazing Class of Paddleboarding on the Lake!

Participants will learn the basics of SUP, including equipment, launch technique as well as general safety instruction. *Suggested minimum age is 12 years old.*

Stand-up paddleboarding classes are taught by Kim Olson, owner of PuraPaddle. She has always been active and instantly fell in love with SUP. Kim found that paddleboard classes were not offered in the northwest suburbs and decided to start PuraPaddle to share her passion with the community.

### Prepare for class:

- Wear a swimsuit or tight-fitting active clothing that can get wet.
- A life jacket must be worn and they will be available.
- All participants must sign a liability waiver; parent/guardian must sign waiver for those under 18 years old.

**Registration** is required, limited to 10 participants.

Fee is \$28 per person.

### Location:

Sunfish Lake Park Pavilion  
6330 Sunwood Drive  
Ramsey, MN 55303

### Date:

Monday, July 16, 2018

### Time:

12:00-1:00 pm

### To register:

[CityofRamsey.com/ParkEvents](http://CityofRamsey.com/ParkEvents)

### For more information:

[purapaddle@gmail.com](mailto:purapaddle@gmail.com)  
763-753-5147

