



**LAKE HAVASU CITY**  
2330 McCulloch Blvd. North  
Lake Havasu City, AZ 86403-5947

[www.lhcaz.gov](http://www.lhcaz.gov)

# News

FOR IMMEDIATE RELEASE

February 8, 2012

### **Kayaking for Your Health**

Lake Havasu City Parks & Recreation is offering a kayaking class for people who love the great outdoors and a good workout. This class is designed to allow you to kayak at your own pace but not alone. Your guide and equipment are provided and a variety of routes will be offered on and around the blue waters of Lake Havasu.

Each program session will run for three weeks on Tuesdays and Thursdays from 10:00 a.m. – 11:30 a.m. The cost of the program is \$80 and each session is limited to 12 participants. Session 1 will run from February 14 – March 1, and Session 2 will run from March 6 – March 22.

Registration is now being accepted at the Aquatic/Community Center at 100 Park Avenue, Monday-Friday from 8:00 a.m. - 5:00 p.m. and Saturday, from 12:00 p.m. - 5:00 p.m.

If you have any questions regarding this program, please contact Parks & Recreation at (928) 453-8686.

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