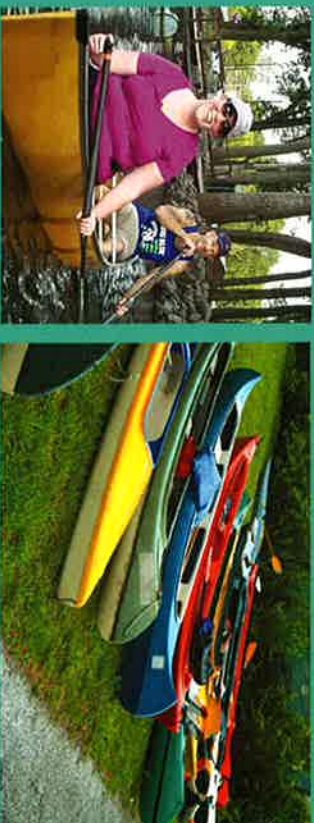




TO GET STARTED: visit lacrossepaddlingclub.com
or email: lacrossepaddlingclub@gmail.com

SPONSORS – If you would like to sponsor this heart-healthy, environmentally-friendly,
and community-minded organization, email lacrossepaddlingclub@gmail.com

Your sponsorship is guaranteed to make positive waves throughout the Coulee Region!



GET YOUR PADDLE ON!

To join us or learn more, visit: lacrossepaddlingclub.com
or email lacrossepaddlingclub@gmail.com



Visit us on Facebook

A little water time is good for the soul.



The La Crosse Paddling Club

Established in 2018, the La Crosse Paddling Club consists of outdoor enthusiasts who value the numerous benefits of paddling, whether it be a 20-person dragon boat, a canoe, a kayak, or a SUP (stand-up paddleboard).

Our members relish time on the water and want to help others learn and experience the same joys of paddling for both recreational purposes and competition (if desired).

Paddling is a leisure activity that can keep you active for an entire lifetime while offering you as much as or as little challenge as you desire.

Paddling is Good for Your Heart and Soul

- It's a natural stress-reliever that offers a healthy way to escape the demands of life while enjoying the quiet and beauty of nature
- It's a fun, safe, and easy-on-the-joints way to stay active
- It's an opportunity to strengthen the core and upper body, burn calories, breathe mindfully, and simultaneously build muscle and aerobic capacity



Visit us on Facebook for photos, testimonials, upcoming outings and much more!



lacrossepaddlingclub.com



Become a Member and Join Us On The Water

If you've wanted to give paddling a try, if you desire to spend more time on the water, or if you possess a passion for water sports, you are the "perfect paddler" for the La Crosse Paddling Club.

It does not matter if you are male or female, tall or short, strong and fit or desiring to be more active. We welcome anyone who has an interest in paddling to join us. Age, gender, and experience are irrelevant. We truly are an OPEN boat. Anyone aged 11 and older can come aboard at any time!

Paddling teams: inquire about a team membership

Membership Benefits are Priceless

- **Share your paddling interests and passion** with like-minded souls
- **Learn from others or share your knowledge** in a no-pressure, safe environment
- **Network and experience lasting friendships** through paddling and social activities
- **Explore new waterways** in the area
- **View the Coulee Region's wildlife, flora, and bluffs** while on the water
- **Experiment with paddling sports** that may be new to you
- **Paddle without having to invest in all the essential equipment**, including watercraft, paddles and life vests
- **Participate in "open paddle" activities** at no cost
- **Attend various trainings and educational sessions** for FREE or at a reduced cost
- **Receive a La Crosse Paddling Club t-shirt**

Club memberships are only \$50 for adults or \$25 for youth per year

To get started visit: lacrossepaddlingclub.com
or email: lacrossepaddlingclub@gmail.com