



Yes!! You CAN paddle!

We offer two types of Adaptive Paddling opportunities in 2024:

Adaptive Paddling Experience

The Adaptive Paddling Experience provides an introduction to the joy of spending time on the water kayaking in a supportive environment for people with all abilities!

Adaptive Paddling Skills Course (to be scheduled based on demand)

The Adaptive Paddling Skills Course provides kayak skills instruction for people with physical or communication disabilities. In this course, you will learn paddling strokes, kayak techniques, and watercraft safety which could lead to more inclusive paddling opportunities.

Locations that we paddle

Lake Higgins Marina, 4235 Hamburg Mill Road, Summerfield, NC	336-373-3739
Salem Lake Marina, 815 Salem Lake Road, Winston Salem, NC	336-650-7677
Oak Hollow Lake Marina, 3431 Centennial, High Point, NC	336-883-3494
Graham Mebane Lake Marina, 3218 Bason Road, Mebane, NC	919-563-6544

Date	Event	Location
May 21 @ 10:30 am	Adaptive Experience	Salem Lake
May 29 @ 5:30 pm	Adaptive Experience	Lake Higgins
June 22 @ 10:30 am	Adaptive Experience	Lake Higgins
July 13 @ 10:30 am	Adaptive Experience	Lake Higgins
August 14 @ 5:30 pm	Adaptive Experience	Lake Higgins
September 9 @ 10:30 am	Adaptive Experience	Salem Lake
September 21 @ 10:30 am	Adaptive Experience	Lake Higgins

Interested in additional information? Contact our Adaptive Coordinator, Bev Paddock, at adaptive@shopgetoutdoors.com.

Ready to register? Go to shopgetoutdoors.com and click Trips and Instruction. Click on Adaptive Paddling, then select your event.