Beginner SUP
(Stand Up Paddle Board)

Thursday, July 11, Helena
6:00pm-7:15pm

Join Becoming an Outdoors-Woman and 406 Livin SUP Yoga for a Beginner Stand Up Paddle Board class. We will start on shore and talk about safety, and then move to the water to learn about paddling. We will end with a short yoga session on the paddle board.

406 Livin is Helena's only SUP Yoga business in town. They offer private/group classes, SUP Camp, events/workshops, community paddle nights, and are the only distributor of 404 boards and hippostick paddles in Montana. Learn more at www.406livinsupyoga.com

Class will be held at the

Helena Regulating Reservoir near Helena.

- Cost is $15
- If you have your own board great! If you don't, you can borrow one from us.
- Must be +18 to register
- Class size is limited and registration is required.
- Bring your own life jacket or borrow one of ours.

MONTANA FISH, WILDLIFE & PARKS

Registration Form - Beginner SUP, July 11, 2019

Upon receipt of your registration form, we will contact you to confirm your attendance.

Name _____Year of Birth_____ (must be 18 to attend)

Daytime Phone_____ Evening Phone_____

Address_____

City _____State_____ Zip_____

Email Address_____ We correspond mostly by email!

My $ 15 is enclosed: ☐ **Yes** **Make checks payable to: FWP**

☐ I have my own paddle board

☐ I need to borrow a paddle board

Mail registrations to:
Montana Fish, Wildlife & Parks
Attn: Sara Smith
1420 E. 6th Ave.
Helena, MT 59601

I fully understand and acknowledge that there are inherent risks and dangers participating in the BOW Workshop and that my participation may result in injury, illness or death and/or damage to personal property. I understand other participants, accidents, acts of nature or other events may pose dangers that are uncontrollable, and I hereby accept these risks and dangers. I affirm that I am at least 18 years of age and that I am in good enough health to participate in the workshop. I have read and understand the above warnings and risks, and agree to voluntarily participate in this training workshop. I understand that photos or video may be taken for promotion of the BOW program. I agree to allow the use of my image by FWP for any legitimate purpose, such as newsletters, FWP websites, and brochures.

_____

Signature Date