



INTRODUCTION TO URBAN POLING®

Introduction to Urban Poling, as well as support for folks who prefer a more leisurely pace, includes learning & practicing proper technique, warm-up and cool-down, and staff supported walks for approximately 35 minutes of the 60 minute class. Urban Poling alumni can join us for warm-up & cool-down and team up to walk a faster rate/different route.

DAYS: Thursdays

TIMES: 1:00-2:00pm

LOCATION: Zuanich Park

COST: \$30 per session | Members
\$60 per session | Program Members
Financial Assistance Available

SESSIONS (5 weeks):

- Session 1: 6/6-7/11
(no class July 4th)
- Session 2: 7/18-8/15



WHATCOM FAMILY YMCA
1256 N State St, Bellingham, WA, 98225
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**Activator Poles provided.
Pre-registration required.**

**Register online or at the
welcome desk!**