



Join us for a **FREE (One hour)** introductory course to Canoeing and Kayaking with Heavner Canoe Rental’s enthusiastic employees at Highland Rec., Island Lake & Proud Lake Recreation Areas! You will be introduced to basic safety methods, paddle techniques and maneuvering. You will take the vessels out for some time on the water. The gear and guides will be provided so be ready to have a good time while getting your feet wet canoeing and kayaking.

This is great inspiration for launching your next outdoor adventure!

**BOUNUS Sundays!!!**

Last Sunday of the month at 6pm for all locations

**\*Dates/Times for each location are as follows:**

**(Tues.) Highland Rec**

June 20: 4pm  
 July 18: 4pm  
 August 15: 4pm  
 September 19: 4pm

**(Wed.) Proud Lake**

June 21: 6pm  
 July 19: 6pm  
 August 16: 6pm  
 September 20: 6pm

**(Thurs.) Island Lake**

June 22: 6pm  
 July 20: 6pm  
 August 17: 6pm  
 September 21: 6pm

**(WEATHER PERMITTING)**

October 17: 4pm

October 18: 6pm

October 19: 6pm

\*Cancelations due to lightening

Courses fill up quick so hurry and register!  
 Call Heavner Canoe Rental at (248) 685-2379.



Heavner Canoe Rental  
 2775 Garden Road  
 Milford, MI 48381



All Recreation 101 events are free to participate, however a Recreation Passport is required for vehicle entry into Michigan’s State Parks, Recreation Areas, Boating Access Sites as well as State Forest Campgrounds and Trails

