

ACTIVE ADULT PROGRAM

Paddle & Play at Lake Johnson



Presented by the Active Adult Program & Outdoor Recreation

Spend time on the water kayaking and paddleboarding at Lake Johnson! Open to adults of all skill levels, this demo event includes safety instruction, hands-on training, skills improvement and all equipment provided—just bring your adventurous spirit and get ready for a fun-filled day outdoors.

The event runs from 9:00 AM to 1:00 PM, and you'll need to register in advance for a specific time slot for kayaking and paddleboarding. Parking is available at the Thomas G. Crowder Woodland Center, with shuttle service running throughout the event. You can also choose to enjoy a walk along the scenic trails that connect the center to the lake.

When: Friday, August 22, 9:00 a.m. - 1:00 p.m.

Where: Lake Johnson

Parking: Thomas G. Crowder Woodland Center 5611 Jaguar Drive, Raleigh

Who: Adults - geared for older adults

This event is free, but we kindly ask that you pre-register online or at any Raleigh Parks location. Register online at relink.raleighnc.gov by searching 'Paddle & Play' under "Activities", or in person at any Raleigh Parks facility.

Active Adult Program

Five Points Center for Active Adults: 919-996-4730

Walnut Terrace Center: 919-996-6160

Anne Gordon Center for Active Adults: 919-996-4720

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