Yes!
We are going to spend some time at the Sacramento State Aquatic Center and are very excited about our day at Lake Natoma!

**SACRAMENTO STATE AQUATIC CENTER**

What do we need to bring to be prepared?

- Swim Suit or Board Shorts
- Beach Towel
- Bottled Drinking Water
- Sun Block
- Sack Lunch
- Dry set of Clothes
- Water Shoes w/heel straps
  (Bare feet are not permitted)

**The Aquatic Center will provide:**
- **Life Jackets** for all participants
  - Boating Safety Instructors
- If children have their own Life jackets or wet suits they are more than welcome to bring them
  (Please make sure they are labeled).

**Boating activities may include any of the following:**
Canoeing, Kayaking, Swimming, Paddle Boards, Windsurfing or Sailing

**Note of comfort to all parents:**
Every child is required to wear a PFD (Personal Floatation Device) **At all times** when on the water, in the boats or on our docks.

**Where is the Aquatic Center?**
The Sacramento State Aquatic Center in located on Lake Natoma, next to the Nimbus Dam.

For more information on our programs: [www.Sacstateaquaticcenter.com](http://www.Sacstateaquaticcenter.com)
or
(916) 278-2842