

# VWCC Summer Recreation

**FREE!**



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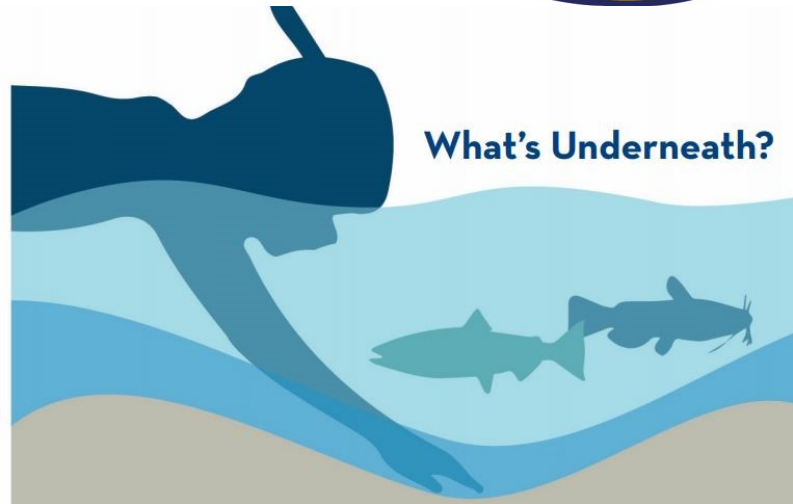


## Tube Waid Park!

Fri July 12th 11am-4pm

Float a scenic mile through the park on their tube then walk 10 minutes back to the start for a second lap!

All trips leave from the Fitness Center



## Roanoke River Snorkeling Fri June 21st 1-4pm

Cool off, explore and identify native fish with Roanoke Stormwater!



## Hike Roaring Run!

Fri June 28th 11am- 4pm

Enjoy an easy 3 mile hike with a waterfall, historic furnace and a waterslide!

To learn more, sign up for a trip or work out come to the VWCC Fitness Center during our normal open hours 7:30am—7pm Monday—Thursday and 7:30am -4pm Fridays

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