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## Introduction to Stand Up Paddleboarding

Class time: 9am to 1pm

On the river, lake, or ocean SUPs are one of the best ways to get outside and experience the water. Our American Canoe Association instructors go over the differences in SUP design, and paddles, launching and landing, paddling positions and board and paddle control. The course is taught on our private lake - a great place to learn with no concern for other users or current.

All technical equipment (board, paddle, leash, lifejacket) is provided but the right clothing and comfort items make your time on the boards much more enjoyable. Please bring the following items:

Bathing suit

Water Shoes (Aqua socks, neoprene booties, sandals with straps around the ankle)

Nylon Jacket (It will get wet)

Polypropylene top and bottoms (needed if the weather is cooler, if in doubt, bring it)

Dry change of clothes

Sunscreen

Water, lunch and snacks

You will be near a vehicle the whole time so feel free to bring a bag with lots of extras.

Course cost: \$50.00