

Private SUP Lessons

includes stand up paddle board, paddle, lifejacket, dry bag, and phone pouch

Introduction to Stand Up Paddle Boarding

A brief, two-hour introduction to stand up paddle boarding.

Students are taught basic information on balance, potential hazards, and appropriate clothing to paddle safely.

A simple paddle skill set is demonstrated and practiced, teaching students to safely and comfortably maneuver on still water.

While designed as a stand-alone course, Introduction to Stand Up Paddle Boarding moves at the pace of the students and could cover additional skills.

\$75*

*minimum two (2) students or pay \$150 for just you.