

Stand-Up Paddle Board Class


10 Student Max Per Class








Hosted By: Vanessa Ragains

VanessaRagains.com









What's Included

-  Board/Kayak
- Paddle
- Life Jacket
- Wetsuit (optional)
- 1-hour Instruction


SUP Benefits

-  Burn 500+ Calories in 1-hour
-  Active Rest Day
-  Improve Your Balance
-  Strengthen Core Muscles
-  Recharge Your Mind

What To Bring

-  \$25 Dollars Cash
-  Sunglasses
- Towel
-  Hat
-  Sunscreen 30+ SPF
-  Extra pair of clothes
-  Flip-Flops or Sandals
-  Water +  Snack

Options For What To Wear

-  **NO COTTON!** All quick-drying clothes (bring layers)
- Workout Attire
- Swim Suit

Common FAQ

Q: What if I fall in the water?

A: IF you fall, it's best to fall in the water 🌊. The SUP boards are hard and you can get hurt trying to land on the board to avoid getting wet. This is why I encourage you to bring an extra pair of clothes. I have only had 3 students fall in in the last 8 years. Not bad, huh?

Also, we begin the class on our knees to get a feel for the water before we stand up. This is to ensure that you progress to standing at your own pace. You still get all of the benefits if you spend the entire class on your knees. I have had plenty of students who choose to paddle the entire harbor this way. I offer to help you stand at the very end, if you happen to be someone who was struggling to feel confident standing on the SUP after the class is complete.

Q: Share Your Qualifications

A: I am certified in SUP/Yoga Classes. My training was 3-days long in Sausalito and we practiced water rescues and how to handle injuries out on the water. I have been teaching in Half Moon Bay since 2013!

Q: Do I Have To Sign A Waiver?

A: I have partnered with the wonderful team at Half Moon Bay Kayak Co who require everyone who joins me on the water to sign a waiver. Even I sign a waiver for every class that I host.

Q: When/How Do I Pay You?


A: I request that you pay me in cash *before* the class begins. You are also welcome to Venmo me @Vanessa-Ragains.

Q: Do I Have To Wear A Wetsuit?

A: No, but if you want, it is included in the price.

Still have questions? Please see the Contact details below. I am happy to answer all of your questions.

Contact

- Vanessa Ragains
-  vanessa.ragains@gmail.com
- (415) 691-5257 - Please leave a message in case I do not have you number programmed in my phone

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