



Stand Up Paddleboard (SUP) Intro Lessons: Stand Up Paddleboard (SUP) is one of the fastest growing water sports in the world! In Canada, there is access to many waterways: harbours, lakes, rivers and oceans and there is no better way to explore them then by SUP!

This class is great for people new to SUP who want to learn proper SUP technique, or the SUPer who wants to refresh their skills by participating in a guided practice session with a certified instructor.

How much does it cost?

- **Scouts Canada Price: \$30/person/lesson** (normal retail pricing is \$75, save \$45/person)

What will I learn?

- Equipment assembly
- Safety requirements
- Proper board stance/balance
- Basic paddle technique
- Basic manoeuvring

What is the class duration?

- 1.5 hours (Please arrive 15 minutes early)

Who can take this course?

- Ages 10 years or older
- No previous SUP experience required

What should I bring?

- Bring your bathing suit , towel and change of clothes
- Exercise close are also appropriate if you don't mind getting them wet

What does LondonSUP bring?

- Boards, leashes, paddles, and PFDs are all supplied

Where are classes held?

Lessons are conducted at Sharron Creek Conservation area in Delaware.