

WESTWIND SAILING CLASSES

STAND-UP PADDLE FITNESS TRAINING

Add the balance of standing on a paddle board with basic paddling strokes and you have a combination that provides an excellent and FUN core fitness and aerobic workout. All level of paddlers are welcome. Participants must have completed a Stand-Up Paddle instructional course before attending training or have previous SUP experience. The aquatic environment and fresh air keeps you motivated and makes SUP FUN! Wear comfortable water sports attire & sunscreen. Bring sports drink or water, towel and a change of clothes.

FEE: \$15 + \$5 materials per session or \$135 + \$50 for 10 sessions
(Training sessions are drop in. Register at Class)

AGES: 14 yrs and up yrs.

Dates & Times

On Going – Mornings, Call or check web for current days and times