

## WESTWIND SAILING CLASSES

### STAND UP PADDLE - FITNESS TRAINING (Summer 2009)

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 should have completed a Stand Up Paddle instructional course before attending training or have previous SUP experience. All workouts begin with stretching and warm up exercises. The aquatic environment and fresh air keeps you motivated and makes SUP Fitness FUN! Wear water sports attire that you can move in and that *you* are comfortable wearing in the ocean during this time of the year. 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

### Dates & Times

Ongoing	Tues. & Thurs.	7-8:15 am
Ongoing	Wed. & Fri.	6:30 – 7:45 am
Ongoing	Sun.	9-10:15 am