

## WESTWIND SAILING CLASSES

### STAND UP PADDLE PRIVATE / SEMI PRIVATE LESSONS

Join the SUP craze and learn first hand why it's the fastest growing water sport today. Sign up for private or semi private lessons to suit your schedule. Learn basic paddling skills, safety and stroke development. Stand-up paddling provides an amazing core fitness and aerobic workout ....and it's fun! Lessons are scheduled by appointment only and are subject to instructor availability. Phone Westwind Sailing for an appointment (949) 492-3035.

**FEE:** Private \$40 + \$10 Supply Fee  
Semi Private (2-4 People) \$25 + \$10 Supplies (per person)

**AGES:** 11 yrs & up

#### Dates & Times

By Appt. 1 Hour Sessions. Call to Schedule (949) 492-3035