

Stand-Up Paddleboard Surfing I

W5: July 8-July 12

W7: July 22-July 26

9:00 a.m.-3:30 p.m. Entering grades 3-8

Learn to Stand Up Paddleboard (SUP) with the ACA certified instructors from SurfSUP Colorado. This course has been developed by the American Canoe Association. Students will learn the basic paddling skills necessary to safely participate in this water sport including paddle strokes, turning, bracing, and a thorough introduction to the safety issues involved including self and group rescue. Free time is built into the schedule for self directed SUP activities. All SUP equipment is provided.

Swimming ability is required. \$435

Instructors: Beth Folsom & SurfSUP Colorado