

Stand Up Paddleboard Surfing I Cost: \$435

Week 3: June 22-June 26

Week 6: July 13-July 17

Entering Grades: 3 4 5 6 7 8

9:00 a.m.-3:30 p.m. Instructors: Beth Folsom & SurfSUP Colorado

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.