

## **WESTWIND SAILING CLASSES – Summer 2011**

## STAND-UP PADDLE: GROUP LESSONS

Sign up for a Stand-Up Paddle group lesson and learn first hand why it's the fastest growing water sport today. Learn equipment selection, basic paddling skills, safety and stroke development. Stand-up paddling provides an amazing core fitness and aerobic workout ....and it's fun! Pre-registration required. All equipment is provided.

FEE: \$40

AGES: 12 Years of age and up (12-14 year olds must be accompanied by an adult)

## Day & Date, Times

June 25	Saturday	8 – 9:30 am
July 17	Sunday	8 – 9:30 am
July 31	Sunday	8 – 9:30 am
Aug. 21	Sunday	8 – 9:30 am
Sept. 10	Saturday	8 – 9:30 am

Min./ Max.: 5/10

Room Preferred: no