



## **WESTWIND SAILING CLASSES – Fall 2010**

## 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 is required. All paddlers under 18 yrs old must wear life jackets (that we supply). Life jackets are available to all paddlers.

FEE: \$40 per session per person

AGES: Adults: 18 yrs and older

All Ages: 12 yrs and older

**DAYS & TIMES**:

Adult: <u>Date</u> <u>Day</u> <u>Time</u>

Oct. 24 Sunday 8am - 9:30 am Nov. 13 Saturday 8am - 9:30 am

All Ages: <u>Date</u> <u>Day</u> <u>Time</u>

Oct. 3 Sunday 8am - 9:30 am Nov. 27 Saturday 8am - 9:30 am

MIN./ MAX.: 5/10