



# Camp Yowochas

## Activity Guide

# Stand Up Paddling

The fastest growing water sport in the world, stand up paddle boarding takes a little from canoeing, a little from surfing and a little from yoga! Stand Up Paddling or SUP is a great fun and amazing for all round fitness.

### Program Specifics

- ◆ Groups up to 15
- ◆ Well suited for all ages
- ◆ Led by trained Camp Yowochas Staff
- ◆ Available during June-Sept
- ◆ Participants will first learn how to manoeuvre their boards via hand paddling while laying prone before grabbing a paddle, standing up and working on that all important balance



### Safety Considerations

Strong winds can make sessions more challenging. While all participants will wear a PFD they should be water confident. All staff are qualified Paddle Instructors and/or Lifeguards and certified in Standard First Aid and CPR.