



## **SUP Stand Up Paddleboarding Courses**

### **Walk on water Paddleboarding Starter Lesson £25 (1.5 hrs) wetsuit hire £5**

For a group of up to 8 students for those who “just want to give it a go” our Instructor will show you some basics, so that you know you will be doing it right, safely and be able to make the most of your time on the water. Less theory and more practice, but often a wetter session!

All the Instructors are trained, qualified and experienced and will take you through - equipment, setting up, launching and landing, getting to grips with the board, standing up, stance and basic paddling techniques.

### **Introduction to Stand Up Paddleboarding £35 (2.5 Hrs) wetsuit hire £5.00**

This is a more formal course with some basic teaching on land and more time to get to grips with SUP. Each course lasts about two and half hours with about 2 hours actually on the water. Our aim is to get you paddling confidently on a stand up paddle board, whilst in the safe and capable hands of one of our enthusiastic ASI Instructors. What should you expect on the course?

- 1, A safety briefing
- 2, Self rescue (if it goes wrong )
- 3, Paddling techniques, forwards, backwards turning around
- 4, Paddling kneeling down,
- 5, Paddling standing up,

### **Improver Sessions £25 (2hrs+)**

Once you have attended either the basic Walk on water or Introduction course and demonstrated a basic competency you can join other Improvers with an Instructor (and often other club members) for an Improver session. These are arranged on an ad hoc basis through the year depending on demand. The costs cover Board Hire and are the only sessions available for non club members to use Chelmarsh reservoir and our equipment.

All bookings:

<https://webcollect.org.uk/chelmarsh>

### **SUP Membership at Chelmarsh**

SUP Membership is a Restricted Membership of Chelmarsh Sailing Club. You get to join a sociable sailing club and can use the clubhouse, showers and facilities as well as having access to Club Equipment.

SUP Membership is paid monthly and is £9.43. There is a three month minimum period and this is paid in advance.

SUP Members can use their own equipment at no charge or rent Chelmarsh Equipment at £20 per session (subject to availability and the equipment not being in use).

Rental is organised through web collect on the website and Board hire should be pre booked and paid for to ensure availability.

Ordinary Sailing Club members may also hire equipment subject to attending one of the basic SUP courses or providing evidence of competency.