

WESTWIND SAILING CLASSES – Spring 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 workoutand it's fun! Preregistration required. All paddlers under 18 years will wear life jackets that we supply and life jackets are available to any of our paddlers. Call (949) 492-3035 for more information.

FEE: \$40

AGES: 12 yrs. and older

(12-14 yrs old must be accompanied by an adult)

DAYS & TIMES: Date <u>Day</u> <u>Times</u>

 March 13
 Sunday
 8am -9:30am

 April 17
 Sunday
 8am -9:30 am

 May 7
 Saturday
 8am -9:30 am