

# Private 1:1 SUP Lesson

Personal coaching. Faster progress. Total confidence.



Unlock your potential with a fully personalised stand-up paddle boarding experience, crafted to suit your individual needs. Whether you are stepping onto a board for the very first time or seeking to elevate your skills, this one-to-one session offers you a focused, flexible, and confidence-building adventure. Enjoy learning at your own pace, supported by a dedicated instructor. No pressure - just progress, encouragement, and fun!



**One-to-one coaching means faster progress and more time on the water.**

**All you need to do is show up. We will take care if the rest**

## Session Details

Price: £65

Duration: 90 minutes.

Location: Burton Farm Café, Burton Lane, Burton Hastings, CV11 6RJ.

Meet point: Check-in desk.

## What you will learn

- Tailored coaching based on your ability
- Understanding your SUP equipment
- Correct stance and paddle technique
- Forward, backwards/stop & turning strokes
- Balance, control & manoeuvring skills
- Basic self-rescue & safety techniques

## What's included

- Paddle board & paddle
- Ankle leash
- Buoyancy aid (life vest)

## What to bring

- Towel & change of clothes
- Gym wear or swimwear
- Water shoes or trainers (**required**)
- Optional wetsuit (recommended in cooler weather)

## Safety first

- Minimum age is 8 years old.
- Participants 8-18 years old must be accompanied by an adult on shore.
- Please ensure you have read the rules before booking!