

# 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.

## Session Details

- Price: £60
- Duration: 90 minutes
- Location: Burton Farm Café, Burton Lane, Burton Hastings, CV11 6RJ
- Meet Point: Check-in desk
- 

## What You Will Learn

By the end of your session, you will feel more confident, capable, and in control on the board.

- Tailored coaching based on your ability
- Understanding your SUP equipment
- Correct stance and paddle technique
- Efficient forward, reverse & turning strokes
- Balance, control & manoeuvring skills
- Self-rescue and safety techniques

## What to Bring

Stay comfortable and prepared for the water by bringing:

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

## Safety First


- Participants must be 18 or over
- Fully trained instructor with safety equipment available


## What's Included

Everything you need for your session is provided:

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

Feel free to bring a dry bag for your personal items.

 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 of the rest.