



Beginner SUP Lesson

Find Your Balance. Discover the Water.

Welcome to your first Stand-Up Paddle boarding experience!

Whether you are brand new or curious to try something different, this session is designed to be fun, relaxed, and confidence-building.

Step onto the water and learn the essentials in a safe and supportive environment — no experience needed.



Session Details

- Price: £35
- Duration: 90 minutes
- Location: Burton Farm Café, Burton Lane, Burton Hastings, CV11 6RJ
- Meet Point: Check-in desk



What You Will Learn

- How your SUP equipment works
- Correct stance and paddle technique
- Forward, reverse & turning strokes
- How to stand up with balance and confidence
- Basic self-rescue techniques



What to Bring

- 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+
- Fully trained instructor with safety equipment on hand



What's Included

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

Feel free to bring a dry bag for personal items.



Our boards are designed for maximum stability — perfect for beginners.



All you need to do is show up and enjoy the experience.

