

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.



Our boards are designed for maximum stability – perfect for beginners!

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

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, backwards/stop & turning strokes
- How to stand up with balance and confidence
- Basic self-rescue 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 12 years old.
- Participants 12-18 must be accompanied by an adult on shore.
- Please ensure you have read the rules before booking!