

# Stand Up Paddle Boarding

The newest activity to the CYC line up. Stand Up Paddle Boarding (SUP) is one of the most enjoyable things you can do on the water, its suitable for all ages, in fact kids are often better at it than adults! SUP develops a student's sense of balance and core strength and is a great way to facilitate personal attributes such as endurance and perseverance.

 <b>TIME FRAME</b>	Generally conducted over a 2 hour period, however other time frames can be negotiated depending on your requirements.
 <b>NUMBER OF PARTICIPANTS</b>	20-25
 <b>KEY OUTCOMES</b>	Stand up paddle basics, humility, resilience
 <b>SUITABLE AGES</b>	Grades 3-12

WORKS WELL AS PART OF A **SOCIAL INTEGRATION PROGRAM**

THE CHANGE YOU WANT TO SEE  
IN THE WORLD LIES WITHIN...

