Stand-up Paddle Board (SUP) Basics
Thursdays, 6-8 p.m.
June 1, 15, 29 July 13, 27, Aug 10, 24 2017

DESCRIPTION
Almost a private lesson, in this small group relaxed instructional session, get an introduction to basic safety, strokes and flatwater SUP technique while basking in the evening glow of the sunset over the Merrimack river. This course often includes a few swims (both intentional and otherwise) so be prepared to get wet! Beginners and welcome! *Our Instructional Programs are designed for adults, but teens age 14 and older are welcome to participate with a parent.

REGISTRATION
• Register online
• Register in person at the kayak center

ONLINE WAIVER
Each participant must have a completed online waiver submitted before they are allowed on the water. Fill them out by clicking on the link below or visiting https://www.uml.edu/CampusRecreation/Boathouse/kayak-center/plan.aspx

Adult Waiver  Minor Waiver

INCLUDED IN SUP BASICS
- SUP Equipment—with the exception of clothing and personal items listed on the packing list.
- Leadership and Instruction.

PHYSICAL EXERTION LEVEL & PREREQUISITES
- Low to Moderate: due to river conditions and water temperatures.
- Must be able to independently keep head above water while wearing in a life jacket/pfd
- No previous experience required.

PACKING LIST: The items on this list are HIGHLY recommended for your trip. Current temperatures and personal preference should be considered when packing. Please contact us if you have any questions or have trouble acquiring any of the items on the list, we may be able to help you out. A (*) denotes items that can be provided for you at no additional charge.

☐ Baseball cap or full-brim hat (for sun protection).
☐ Beanie Hat (quick fix for chilly conditions, wool or fleece is best).
☐ Insulating jacket (fleece is ideal, should be compact and synthetic).
☐ Swim Suit (for cooling off in the river)
☐ Rain jacket (depending on weather)
☐ 1 water bottles (quart size).
☐ 1 healthy snack
☐ *Dry bag for keeping items dry while in the boat.
☐ Bag for personal belongings.

For further questions or information, please contact:
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