



Camp Yowochas
Activity Guide

STAND UP PADDLE BOARDING

Stand-up paddle boarding, also known for the acronym SUP, is one of the fastest growing board sports in the world. SUP is a subclass of paddle boarding, a broader concept that also includes the use of arms while kneeling, lying or standing on a narrow and long paddleboard to move around in the water.



PROGRAM SPECIFICS

- Groups up to 15
- Well suited for all ages
- Led by trained Camp Yowochas Staff
- Available during July and August
- Participants will first learn how to manoeuvre their boards via hand paddling while laying flat before grabbing a paddle, standing up and working on their balance

SAFETY CONSIDERATIONS

Strong winds can make sessions more challenging. While all participants will wear a PFD they should be water confident. This activity will be led by a trained staff member and a lifeguard will be present.