

Office Hours 8:30am - 4:30pm Mon - Sun info@ocsail.com 949.923.2215

## **WESTWIND SAILING CLASSES – Fall 2010**

## STAND UP PADDLE PRIVATE / SEMI PRIVATE LESSONS

Join the SUP craze and learn first hand why it's the fastest growing water sport today. Sign up for private or semi private lessons to suit your schedule. Learn basic paddling skills, safety and stroke development. Stand-up paddling provides an amazing core fitness and aerobic workout ....and it's fun! Lessons are scheduled by appointment only and are subject to instructor availability. Call Westwind Sailing for an appointment at (949) 492-3035. A \$10 supply fee is due to your instructor, payable to Westwind sailing, at start of first class.

FEE: Private: \$55 per person + \$10 Supply Fee

Semi Private (2-4 People): \$35 + \$10 Supplies per person

AGES: 11 yrs and older

**DATES & TIMES** 1 Hour Sessions by Appointment only.

Call (949) 492-3035 to schedule your session.