

## LESSON RATES

### LEVEL 01

#### Beginners

Equipment, vest & wetsuit included.

90 minute private \$90

(60 min. lesson + 30 min. free paddle)

90 minute with a friend \$75pp

(60 min. lesson + 30 min. free paddle)

90 minute group of 3-5 \$50pp

(60 min. lesson + 30 min. free paddle)

### LEVEL 02

#### Intermediate

Equipment, vest & wetsuit included.

60 minute private \$85

60 minute with a friend \$70pp

### RENTAL RATES

1 hour	\$25	2 hours	\$40
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Full day	\$125	Weekend	\$175
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### WETSUIT RENTAL

1 hour	\$10	2 hours	\$15
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Full day	\$25	Weekly	\$65
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## SPECIAL RENTAL PACKAGE

This Summer we are offering a 4 x 60 minute board voucher for only \$89

## SBHQ GIFT VOUCHERS

A SBHQ Gift Voucher makes for a terrific present, especially at Christmas. These are available for all our SUP, kiteboarding and windsurfing courses and rentals.

## LESSONS

### LEVEL 01 – BEGINNERS

- Correct posture and positioning when paddling
- Basic paddle strokes and 360° turns on both sides
- Safe entry and exit from the water
- Carrying and caring for your equipment
- Using your paddle for stability
- Explanation of core body fitness benefits
- Falling safely

### LEVEL 02 – INTERMEDIATE

- Advanced stall turns
- Paddling to catch a wave
- Downwind techniques
- Wind & current understanding

### SCHOOL, SOCIAL AND CORPORATE GROUPS

SBHQ has taught thousands of Melbourne's secondary students to windsurf over the past 30 years. We now offer a special SUP program for outdoor education students & other groups.

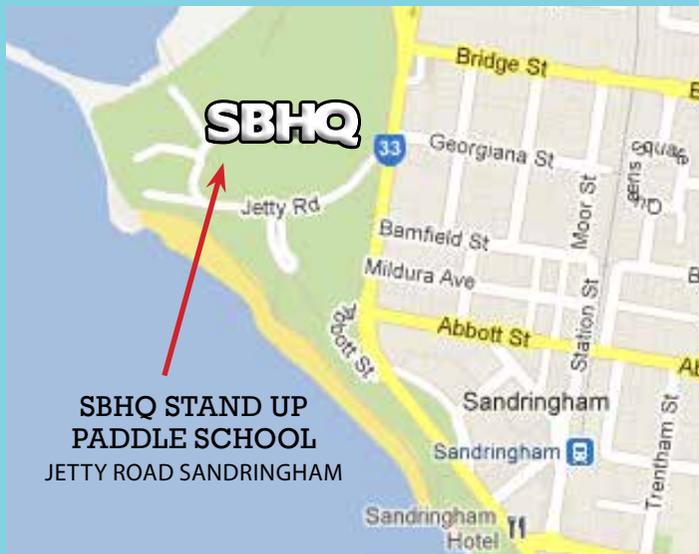
### LOCATION

The SBHQ SUP School is located right on the Sandringham Beach in a 100 year old boat shed.

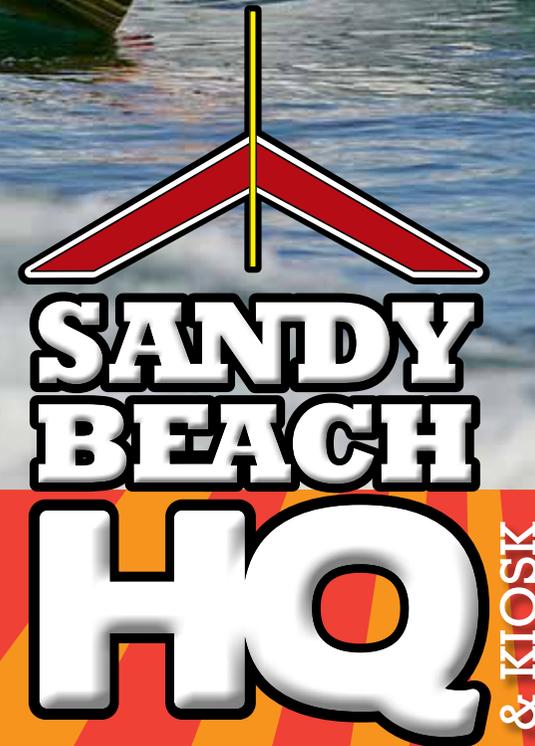
The Sandringham Harbour is acknowledged as the safest, prettiest spot on the Bay to learn SUP.

We have changing facilities, plenty of parking and are very close to the Hampton railway station.

The beach is dog friendly, children friendly and you can get a truly great coffee at the Kiosk.



SBHQ STAND UP PADDLE SCHOOL  
JETTY ROAD SANDRINGHAM



SBHQ STAND UP PADDLE (SUP) SCHOOL

7 DAYS, 9.00AM – 4.00PM

JETTY ROAD SANDRINGHAM

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## IT ALL STARTED BACK IN THE 50'S

at Waikiki Beach in Hawai'i, where beach boys hired surfboards to American tourists. Having worked out that taking photos of their clients was terrific for business, they borrowed paddles from traditional outrigger canoes, slung cameras around their necks and paddled their malibus out into the breaks. And their customers. Eureka! Stand Up Paddlesurfing (SUP) was born.

However, it wasn't until the late 90's that this new sport exploded onto the surf scene, thanks to big-wave surfers like Laird Hamilton, Dave Kalama, Robby Naish and Pete Cabrinha.

Their passion for paddle surfing saw it gain worldwide recognition as a sport that combined adventure, lifestyle, tranquillity and a quite remarkable new form of conditioning.

Here in Victoria it was Sandy Beach HQ that introduced the sport & opened the states first professional SUP School.



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BEACH  
HQ**  
& KIOSK  
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## THE SPORT ITSELF

Despite it's big-wave surfer origins, stand up paddling is much easier than it looks. The latest technology in boards offers all ages a stable, comfortable onwater experience. Men, women and kids can all find heaps of enjoyment gliding effortlessly and, at the same time, benefiting from a unique form of core body conditioning.

The added bonus is the fantastic view of the sea that standing up gives you. Depending on where you SUP you may well see dolphins, coral reefs, shoals of fish, even whales! All this adds to the alluring nature of this incredibly eco-friendly sport.



And it can be done anywhere – lakes, rivers, ponds, bays, surf. The possibilities for enjoying a beautiful day on the water with friends or the whole family are endless! Even white water rapids will work, if you're game.

Any wonder the likes of Lance Armstrong, world surfing champ Tom Carroll, Cameron Diaz and Jennifer Aniston have taken it up? Stand up paddlesurfing has quickly become the world's fastest growing watersport.

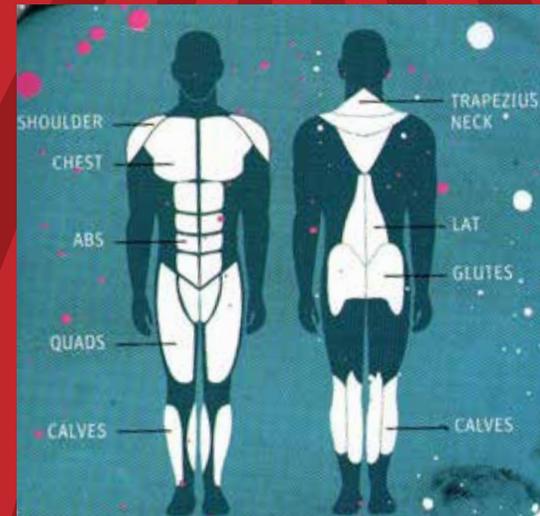
### FITNESS & HEALTH

Would you rather sweat it out in the claustrophobia of a gym or enjoy the freedom and rhythm of the sea as you exercise?

Whether you want to rip waves, explore the coastline or just paddle around for the fitness benefits, SUP is the sport that might just change your life.

One of the real pluses of SUP is that you get a total body workout without even knowing it. It's this fitness aspect that is one of the underlying factors responsible for so many of us becoming hooked.

## SUP GIVES YOU THESE BENEFITS:



*Core strength • Balance training • Strength training  
Low-impact cardiovascular training • Flexibility training  
Emotional calmness • So much fun!*

Bear in mind, too, that SUP offers both core body and cardiovascular workouts simultaneously. Very few sports can rival that. Both Pilates and yoga offer core workouts, but SUP works these same muscles whilst standing ... exactly how our core muscles were designed to work.

You will see an amazing improvement in your strength, power, balance and coordination. And being a natural form of meditation, you will also gain a sense of calmness.

Moreover, SUP is proven to help shed those extra kilos!



**SBHQ**

CALL TO BOOK LESSONS: 9598 2912