

**Womens's Stand Up Paddleboard Program**



## ***Lets SUP Womens Program***

Surfing South Australia with the support of the Office for Recreation and Sport are providing free Stand Up Paddleboard lessons for women. It offers the chance to experience Stand Up Paddleboarding and provides the opportunity to continue in the participation in SUP which is one of the fastest growing sports in the world. By participating in this program you will learn about the equipment, handling the SUP, basic skills such as turning, correct standing positions, mounting and dismounting and most importantly just how much fun the sport of SUP can be. We are also looking for women who may be interested in becoming SUP instructors or joining a recreational SUP club club.

The program will be run on Monday evenings 5:30 till 7:30pm and Saturday mornings 9:00 till 11:00 am in Port Noarlunga. To register for these lessons please go to [www.thesurfschool.com.au](http://www.thesurfschool.com.au) where you will find all the details. We will be running regional lessons as well which will be promoted through local council and listed on the above website.

For more info regarding this program please email [craig@surfingsouthaustralia.com.au](mailto:craig@surfingsouthaustralia.com.au)



**Government  
of South Australia**

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and Sport

