SUP is a form of simultaneous aerobic and strength training, and in this class you will learn the fundamentals including proper stance for balance and control, essential paddle strokes, and turning techniques. Then as you become more comfortable we will challenge you in a fun and innovative ways. So... what are you waiting for? Time to strengthen your core!!! *Participants must know how to swim!

Fri 3 - 4:30pm
Sat/Sun 9:30 -11am & 11:30am - 1pm

1.5 hours: $25  Instructor: Terri Wargo
For more info email: terriwargo@yahoo.com
To register: call to schedule (714) 342-6058 or sign up in the club sports office KIN-20

*If these days/times do not work, please call and we can accomodate your schedule. Summer hours 9 a.m. - 8p.m. call/email at least 24 hrs. prior to scheduling your session.