

Stand Up Paddle Boarding

In partnership with



Stand-Up Paddle Boarding, also known as SUP has been rising in popularity across the country in recent years. Have you ever thought about trying it, but aren't ready to commit to buying a board? Do you simply just want a new activity to try this summer?

If you've answered yes to either of these questions, this program is right for you!

EMS Staff will be on hand to guide participants through an introductory class which will include instruction on paddling, balancing and more! The best part? They provide the equipment. Sign up for this stress free class and find out if SUP is right for you.

Classes max out at 6 participants, so don't wait to sign up for this great event!!

Who: Adults age 18 and over

What: Intro to Stand Up Paddle Boarding

Where: East Windsor Park Reservoir

Date: Saturday, July 15th

When: Class #1: 9:00-11:30am

Class #2: 1:00-3:30pm

Cost: \$30.00 Resident/\$35.00 Non-Resident

Contact: Samantha Wilson, Aquatic/Youth Program Supervisor

swilson@eastwindsorct.com or 860.627.6662

**participants should come wearing beach/bathing attire and water shoes*

