



Try out *Stand Up Paddleboarding* at Water Safety Awareness Day

July 19 – Grand Narrows Waterfront

Sessions 11 am, 12 pm 1 pm

Learn fundamental safety skills for Stand Up Paddle Boarding with a Paddle Canada Instructor, Michelle Richards.



Stand Up Paddleboarding (SUP)

Why choose SUP as your summertime activity? Besides the calming feeling of being on the water and connecting with nature, SUP provides many physical and mental benefits. It is a low-impact, full-body workout that increases strength, balance, and endurance. Plus the added vitamin D increases mental functioning including stress relief and happiness.

Try SUP Sessions

First 15 min will cover water safety equipment familiarization and planning for a paddle. (open to all)

Followed by 45 min on water learning paddle strokes and rescue techniques. (Cap of 6 participants)

Sessions for all ages

We are pre-booking the 11 am and 12 pm sessions – to book contact Randy rpointk@hotmail.com

Grand Narrows Waterfront Development Society (GNWDS) thanks the following agencies for support of this activity:

