



## STAND UP PADDLEBOARDING SESSIONS

	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
MONDAY													<b>SUP SESSION</b> 16:00 - 20:00
TUESDAY													<b>SUP SESSION</b> 16:00 - 20:00
WEDNESDAY													<b>SUP SESSION</b> 16:00 - 20:00
THURSDAY													
FRIDAY													
SATURDAY													
SUNDAY													

### IMPORTANT NOTES

#### OWN YOUR OWN SUP GEAR?

SUP sessions are only available to Vobster Quay SUP members who have undertaken appropriate training under the direct supervision of a recognised SUP instructor. Visit our SUP page for more information.

**PLEASE NOTE** - You must also own your own equipment including buoyancy aids and foot pumps - we do not hire SUP boards.

#### NEW TO SUP?

If you do not own your own board or equipment you will need to contact Adventure SUP regarding lessons at Vobster Quay.

[www.adventure-sup.co.uk/](http://www.adventure-sup.co.uk/)