



## **SUP Exploration course**

**HK \$350 pp (1 pax)**

**HK\$300 pp (2 pax or up)**

- 1 hours per session
- It will be good for people who would like to explore SUP

### **You will learn:**

- Essential beach & safety
- Land-based Demonstration on Basic SUP Technique
- Paddling techniques
- Techniques for standing up and where to position your feet & body

### **Please kindly noted:**

1. Requirement: can swim 50m without swimming aid
2. The fee already includes the instruction, the gear, LCS storage & shower facilities. Additional time for practice will be charged at 80% of the normal rental.
3. Please arrive at least 15 minutes prior the activity, the start time may change subject to weather conditions.
4. Prepayment shall be requested in order to confirm the lesson
5. Trainee need to bring along your protection shore and wear, and something you might consider to bring along: sun protection wear, sun cream, mosquito repellents, and shower amenities.
6. In case of dispute, Long Coast Seasports (LCS) reserves the rights for its final decision.