



Polo SUP Explore lesson (HK\$350 per persons, min 10)

SUP Polo, is a new sport: Combines water polo with stand up paddling. This may just be the funnest / whackiest / craziest thing to happen to the world of stand up paddling.

- Each session 2 hours, minimum 10 persons
- Half hour theory and land-based instruction
- Half hour instructor guided instruction in the water
- Self race explore (1 hr)

Please kindly noted:

1. Requirement: can swim 50m without swimming aid
2. Participants aged 12 or above are requested
3. Life jacket shall requested wearing for safety reason.
4. Please arrive at least 15 minutes prior the activity, the start time may change subject to weather conditions.
5. The fee already includes the instruction, the gear, LCS storage & shower facilities. Additional time each hour will be charged at HK\$80 per person.
6. Prepayment shall be requested in order to confirm the lesson
7. Trainee need to bring along your protection wear, and something you might consider to bring along: sun protection wear, sun cream, mosquito repellents, and shower amenities.
8. In case of dispute, Long Coast Seasports (LCS) reserves the rights for its final decision.