



## SUP program 2010

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**Everactive SUP Private Lesson (flat water)** This 75 minute standup paddle board lesson starts with a land lesson 10-15 minutes: warm-up, learn the proper techniques on how to pick up, walk with, and put down your board and paddle without injuring yourself or others, you will also learn proper water safety and stand up paddle board etiquette. Water lesson 60 minutes: Learn how to safely get on and off the board, go from your belly to your feet, proper standing technique, paddling technique, turning the board, maneuvering over small waves and more depending on the level of the individual or group.

### **EA SUP Private Lesson**

\$90 (includes board, paddle and life vest) \$50 for each additional guest.

\*For safety reasons we would like to keep the coach to client ratio to 1:4 max while in the water.

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**Everactive SUP Cross Training Session \* (flat water)** This 75 minute standup paddle board training session starts with a 10 minute warm-up session that will lead right into a 45-60 minute fitness training session on the board on the water. This awesome new activity will strengthen your core, increase your balance, sculpt your body, and even increase your cardio fitness. Great cross training alternative for endurance athletes! It has even been called "yoga on water" All levels of fitness are welcome.

### **EA SUP Cross Training Session**

\$90 (includes board, paddle and life vest) \$50 for each additional guest.

\*For safety reasons we would like to keep the coach to client ratio to 1:4 max while in the water.



## Schedule and locations

EA SUP Lessons and Training sessions will be scheduled by appointment only. Call now to reserve your spot, sessions will be on a first come first serve basis. Bring a friend and save!

Massachusetts / New Hampshire / Connecticut / Vermont / Maine / Rhode Island

### **Current Locations in MA:**

Concord-Walden Pond/ sorry SUP is now prohibited at Walden (what would Thoreau have said?)

Wayland-Lake Cochituate

Hopkinton-Hopkinton State Park

Hingham - Bear cove, Hingham harbor, World's End, Hull Bay, Weir River

Mattapoisett- Ned's Point

Cape Cod

*Additional locations in MA are going to be added along with other States ☺ Please let us know if you have a secret spot that would be ideal for paddle boarding! Also check out our easup locator on-line to find a dealer, a rental business a resort or personal fitness trainer that sells or uses the Everactive SUP.*

*If you are a personal trainer, a dealer, rental owner or resort interested in our paddle board please contact us.*

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Contact Peter Sleight  
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Visit our website at:  
www.everactiveonline.com

Join us Facebook.  
"Everactive Stand Up Paddle" www.facebook.com

Join us on Twitter.  
"EveractiveSUP" www.Twitter.com



## STANDUP PADDLE BOARDING FAQ

1. What is standup paddle boarding? Standing on an oversized surfboard with a kayak style paddle using the muscles of your upper-body and core to move the board forward and the muscles of your legs to stabilize and balance.

2. I have never surfed before and do not have good balance is this something I could easily learn? Absolutely, this is flat water paddling. The boards are stable, safe, and very easy to paddle and the balance is minimal.

3. I am not a good swimmer is this something I could still do safely? Yes, we will provide a life jacket for you, we paddle in areas that are very safe, with no current, no waves, and can stay close to shore.

4. I consider myself extremely fit, how would I use standup paddling for a high intensity workout? There are several things that can be utilized to increase the intensity. Interval paddling (hard 30-60 second bursts), belly paddling (surfer style), various strength training techniques i.e. push-ups, planks, two and one legged squats, balance drills etc. These drills and techniques will rival the most intense boot camp class.

Everactive  
Stand Up Paddle  
Activity Program Authorization/Waiver

Print clearly please

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

I request to participate in the Everactive Stand Up Paddle Activity Program and have authorization from my physician to do so.

I understand the risk of exercise includes but is not limited to bruises, sprains and muscle pulls and realize that there is an inherent risk in any physical conditioning program. No guarantee has been made that participation in this program will prevent an injury from occurring. I certify that to my knowledge I do not have any acute medical problems such as recent surgery, recent fractures, sprains or strains or cardiac, respiratory, or diabetes or other conditions that would impact my participation in an exercise program. I acknowledge that it is my responsibility to share new medical information about me with the staff (i.e. new diagnosis, change in condition or medication).

I, the undersigned, fully understand and appreciate the risks of participation in the Stand Up Paddle Program and knowingly accept them as my own responsibilities. I, the undersigned, do hereby waive and release any and all rights and claims for damages I may have against Everactive employees, agents and any of my treating physicians and their independent medical practitioners for any personal injuries or property damage of any and whatever type, nature and amount sustained by me as a result of my entrance and participation in the Everactive Stand Up Paddle Program except such injuries or damages caused by their reckless or willful misconduct.

The risks have been explained to me and I have had the opportunity to ask questions.

Participant Signature

Date

\_\_\_\_\_

Parent/Legal Guardian Signature    Date

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