



Standup paddle boarding

Summer fitness program 2009

MAUI PADDLE SURF LESSON (flat water)

This 75 minute standup paddle board lesson starts with a land lesson 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 surf etiquette. Water lesson 45 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.

MPS One on one lesson

1:1 Coach: Client \$90 (includes board, paddle and life vest)

MPS One on two lesson

1:2 Coach: Client \$60.00 each (includes board, paddle and life vest)

MPS Group lesson \$150 for groups of 3-6 people

For safety reasons we would like to keep the coach to client ratio to 1:2 max while in the water. You are welcome to bring as many as 6 people to the 75 minute session; each will get equal time with the instructor. This is a great way to try standup paddling at a low cost with a large group of friends!

MAUI PADDLE SURF 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” Come ride the wave of Maui paddling with us! All levels of fitness are welcome.

MPS One on one Training session

1:1 Coach: Client \$90 (includes board, paddle and life vest)

MPS Group Training session

1:2 Coach: Client \$60.00 each (includes board, paddle and life vest)

*need to attend one lesson prior to joining the training session



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MPS SUMMER 2009 SCHEDULE AND LOCATIONS

MPS Lessons and Training sessions will be scheduled by appointment only; summer program will start on June 1, and will run right through the summer. Call now to reserve your spot, sessions will be on a first come first serve basis. Bring a friend and save!

Current Massachusetts Locations:

Concord, MA -Walden Pond

Wayland, MA -Lake Cochituate

Hopkinton, MA -Hopkinton State Park

Newton, MA - Crystal Lake

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

Mattapoisett, MA - Ned's Point

Additional locations could potentially be added. Please let us know if you have a secret spot that would be ideal for paddle boarding and we'll set up a time to meet you there!

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Visit our website at:

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MAUI PADDLE SURF CO

partners in performance:





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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.



High performance. Work. Life.

Standup paddle boarding waiver

Summer 2009

Please read carefully, print, sign name, date and bring this with you to your session.

I understand that any exercise activity, particularly Stand up Paddle exercise sessions, I undertake may create physical stress resulting in harmful effects. I agree that it is solely my responsibility to consult with a physician prior to commencing any Stand up Paddle Board activities. I recognize that the use of a Stand-Up Paddle Board and Paddle in designated body of water carries some risk of accidental injury and I agree that Everactive or it's sub-contractors shall not be liable for any claims for injuries or damages whatsoever.

I also understand that I am a competent swimmer or will have the opportunity to request a US Coast Guard approved Life Jacket. I recognize that unpredictable weather, such as hail, heavy rain, strong winds, water-spouts, tornados, thunder and lightning, may occur at any moment while on the Stand up Paddle Board. It is solely my responsibility to be aware of any potential for strong and violent weather.

I _____, concur that I have been educated on the above information and that Everactive has offered me the opportunity to ask any pertinent questions.

Please check swimming ability:

- I concur that I am a qualified swimmer
- I concur that I am a poor swimmer and request use of life jacket

Signature

Date