



STAND UP PADDLING CLASS INFORMATION

Learn how fun and exciting stand up paddling can be at one of Southern California's premier small craft facilities. We offer year-round weekend courses. Get qualified on our equipment and enjoy post class opportunities of leisurely rentals and community events! For all classes, you must be 18yrs+ and a proficient swimmer to register.

Classes We Offer:

- **Stand Up Paddling I:** Learn everything you need to start stand up paddling right away! The class is designed for the novice paddlers who has little or no SUP experience. We emphasize the development of solid on-the-water skills as well as a basic navigational knowledge such as terminology and right-of-way rules.

SUP I Class Outline:

- I. Introduction to the gear
- II. Choosing the right gear (board and paddle size)
- III. Getting off the dock, (right of way on the water)
- IV. Prone Paddling
- V. Knee Paddling
- VI. How to stand up on the board
- VII. Basic Turns
- VIII. How to fall, how to get back on the board
- IX. Proper Paddling Technique
- X. Advanced Turns
- XI. Go over Rental Policies and Waiver

This class is not a prerequisite for renting a SUP board from our facility. We recommend this course for those who would like more individual attention from an instructors before renting on their own.

Swimming Proficiency:

To participate in any water-based activity, you must be "water safe," able to swim 100 yards and tread water for 5 minutes, and capable of calmly handling yourself in the water. If you have any question as to whether you are "water safe," we recommend testing your swimming ability before registering for a class.

Getting to the UCLA Marina Aquatic Center:

The Marina Aquatic Center is located in Marina Del Rey at 14001 Fiji Way and is accessible by bus, bike, and car. Since parking is scarce (particularly on weekends and special events), we strongly encourage biking, busing, carpooling to the MAC. For more information regarding transportation and parking, please [click here to visit the MAC website](#).

Taking a stand up paddling class:

- Register online at secure.recreation.ucla.edu for all classes
- Be well rested for your class. Stand up paddling can be physically demanding when the wind picks up.
- **Show up to your class on time.** Late arrivals are disruptive to the class.
- What to Bring for Class: Be prepared to get wet! The goal is for you to be comfortable and warm, even if you get wet.
 - **Shoes-** The best shoes are ones that are specially designed for watersports. The object is to keep you from slipping, falling, or injuring feet or toes. You are not required to wear shoes while paddling, but closed toed shoes are recommended for the facility and on the dock.
 - **Clothing-** Dress in athletic clothing that is comfortable and will dry quickly if it gets wet. It can be much cooler on the water than on land, so light jackets/windbreaks are always recommended. Avoid wearing loose or bulky clothing as they will get in the way or may catch on the oar handles. It is a good idea to bring a change of clothes for when/if you get wet. The facility has wetsuits available for patrons to use during classes and rentals.
 - **Towel-**Students will be required to complete a capsizing recovery as part of the course. There is also always a chance while kayaking that you will get wet.
 - **Sun Protection-** It is recommended that all students wear a hat, sunscreen, and sunglasses.
 - **Water Bottle-** Long periods of time on the water and out in the sun can be dangerous if you do not stay properly hydrated. The MAC has a water cooler on weekends where you can refill your bottle.
 - **Lock- Our lockers do not have locks, so you will need to provide your own. We do not recommend bringing any valuables to the facility or out on the water with you.**
 - **Gloves-** Gloves can be useful to protect your hands and to keep them warm, but are **not** required for any MAC classes.

Refunds and Transfers:

Please call us at [310.823.0048](tel:310.823.0048) or email mac@recreation.ucla.edu

Participants who submit refund requests at least 3 business days prior to a course's start date are eligible for a 90% refund or 100% enrollment transfer towards another class (same quarter only). **There are no refunds or transfers after this point.**

- No refunds or deferments are honored after the request deadline.
- If a class is cancelled, you will be eligible for a full refund or deferment.
- All refunds are processed through UCLA General Accounting.
- Refund check processing requires 4 to 6 weeks.

IMPORTANT – Please Read:

- Boating can be fun, relaxing and enjoyable. By observing rules and boating etiquette and demonstrating care and caution for yourself and others, you will reduce your exposure to injuries and help insure that your boating experience is a pleasurable one.
- You have signed a release online when you registered, stating that you are water-safe (see swimming proficiency statement) and understand the risks involved in boating
- Injuries to participants in watercraft programs may occur from risks inherent in the sports or activities, from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques, from failing to follow training, safety or racing rules; and from the administration of first aid.