

Darienite

News for Darien

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Darien Y Offers Youth Stand Up Paddleboard Classes

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Registration for the new "SUP Youth" (stand up paddleboard) classes for ages 11 to 14 is currently open with registration online at the Darien YMCA website or at the Front Desk.

— *an announcement from Darien YMCA*

SUP Youth offers two classes: SUP Yoga and SUP Fitness. Both require no prior paddleboard experience, making it a great place to start:

SUP Yoga takes yoga to the next level. It will help to improve core strength, balance, and focus, all while enjoying the aesthetic Holly Pond. SUP Yoga will be offered on Mondays (July 10, 17, and 24) and Fridays (July 14, 21, and 28) from 4 to 5:15 p.m.

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SUP Fitness is a great way to switch up a workout. This class uses different body weight exercises to complete a unique full body workout. Doing these exercises on the paddle board will add a fun twist to an everyday workout. SUP Fitness will be offered on Wednesdays (July 12, 19, and 26) from 4 to 5 p.m.

Prices:

- 1 Session (3 classes): Members/\$105; Non-Members/\$135.
- 2 Sessions (6 classes): Members/\$180; Non-Members/\$240.
- 3 Sessions (9 classes): Members/\$225; Non-Members/\$315.

Paddle boards for these classes are provided by the Darien Y. The SUP Youth classes will be led by instructors Talita Moss and Dale Rowley. All SUP instructors at the Darien Y are PaddleFit Core certified.

For more information about the Darien Y's SUP program and to find available class times, please visit darien-ymca.org/stand-up-paddle, or email Jess Van Sciver at jvansciver@darien-ymca.org.