



## **Learn Stand Up Paddle**

**We're just an hour from Sydney's CBD, and an entire world away!**

Experience the many pleasures of Stand Up Paddle (SUP) at any level you choose. Located on Sydney's beautiful Northern Beaches, our HQ is at the delightfully family friendly Clareville Beach.

### **Avalon Stand Up Paddle**

is an ASI accredited SUP school and dedicated Ambassador of this healthy and exciting sport.

Paddle with us, take a mental time-out from daily life, and enjoy the added health benefits of shaping up to look and feel your best.

Enjoy the tranquility of our closed waters, or for the more adventurous head out into the open surf, as our inspiring team teach you how easy it is to *Paddle Up!*

**Try it with friends, or bring the whole family!**

**Lessons -all levels-individual & groups**

**Birthday Parties**

**Morning SUPER fit paddle groups**

**Equipment hire**

**Gift vouchers available - limited only by your imagination - as we offer private & group lessons, guided morning SUPER fit paddle groups, birthday parties, gourmet adventures, sparkling sunset tours ...**

**For enquiries and bookings please contact Tony Henry on**

**0413 363 405**

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***Happy Days!***  
***Tony Henry***