



Dear Student,

Welcome to the world of Stand Up Paddling (SUP)!

We are stoked to have you on the only Sailing, Kiteboarding & SUP Centre in Bahrain. The course you will be receiving will deliver you to an independent level; it will allow you to progress and practice on your own at a later stage. Safety procedures are always taught before any exercise, along with safety measures being taken into consideration for each lesson.

All our instructors are certified according to international standards with extensive experience in the field of SUPing. Our centre carries the latest gear with different sizes for all riders.

Here's a quick overview on our programs:

| Description | Pre requisites - Achievement .. |
|---|--|
| <p>BCSUP – LEVEL 1 "Ready to Ride" Program – 1 hours</p> <p><i>Aimed at people who have never stand up paddled before or people who have had a go but want to learn the basics. Learning to paddleboard is a fast and fun process with an instructor. The course structure is designed to give you the information you need to get on the water safely, have fun and learn the technique of paddleboarding. Course covers intro. To weather & environment effects, carrying your board, paddling technique, types of turns, safety, and how to plan expeditions.</i></p> | <p><i>Anyone can complete this level, provided they meet local age and health requirements & are able to swim.</i></p> <p><i>Completed BCSUP Level 1. You have been introduced to the sport and are now ready to continue learning safely.</i></p> |
| <p>SUP / KAYAK Board Rental – 1 hr</p> <p><i>If you already have your BCSUP Qualification or equivalent, you can book a free ride session at one of our stations around the island.</i></p> | <p><i>BCSUP Level 1 or Equivalent.</i></p> |
| <p>SUP Yoga 90 mins.</p> <p><i>Practicing on a constantly moving surface develops focus, core strength, balancing skills given the activation of stabilizing muscles not used in land-based activities. Breathing sequences, salty air, guided relaxation.</i></p> | <p><i>Anyone can join this session</i></p> |
| <p>SUP Downwinder/Surf/Tours/BBQ</p> <p><i>Explore Bahrain's Islands, and various secret spots from a different perspective, floating on the water under an orange sky. Every sunset and sunrise has a different painting on the sky and reflects on the ripples of the ocean. These sessions are organised upon request and are weather dependent.</i></p> | <p><i>BCSUP Level 1 or equivalent</i></p> |



Price List:

| Item | Price |
|------------------------------|-------|
| BCSUP Level 1 Program | 15 |
| Board Rental | 9 |
| SUP Yoga | 20 |

Drop us an email on reservations@beachculture.me to book your lesson.

Please note you need bring sunblock, sunglasses with a strap, and a hat. All equipment and gear are provided. Our main station is located in Palm Beach, Amwaj Marina, Amwaj Islands – please specify if you’d like to book with one of our other stations around the islands.

Please feel free to contact us for any more information, hope to see you on the water soon!

Aloha and love,

The Beach Culture Team

