

Get on the water



Monkey
BUSINESS

Join in and see why Stand Up Paddle or SUP is the fastest growing water sport on the planet!

Whether you're after a fun full-body work out, or just a new way to enjoy our beautiful bay, this is it. Your experienced Monkey Business SUP instructor will have you paddling confidently in no time on one of our super stable Naish SUP boards.

On your own or with friends and family enjoy the world's fastest growing sport, here on beautiful Elwood beach.



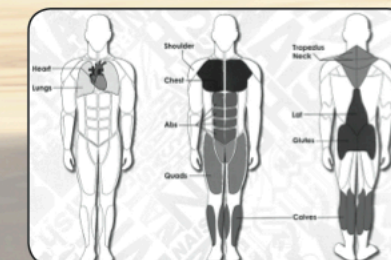
So, do I need lessons? YES!!

SUPing is safe and easy on the bay ... if you start with the correct technique.

Our experienced instructors will make sure you are off to your best start for a fun, safe time on the water!

In your lesson you will learn:

- Correct body position
- Paddle strokes and techniques
- SUP stability
- Core fitness training
- Water safety



**CORE
FITNESS
TRAINING**

