Wassup Board Sport Training Summer Holiday Program

**Wassup students** (10-20 per class)

$16.00 per 60min session (discount for more than one child)

(all safety equipment supplied)

for more information and to booking please contact:

Dan on 0403 457 773

If the water is too rough or your looking for an exciting new activity that is low impact and an awesome core/all over body workout

Wassup holiday program is a low impact and complete training session which provides all the fundamental skills needed for all board sports

Kite flying (if weather allows) and simulators to learn and practice your skills.

A Safe, Fun and Easy way to learn about the wind and the physics of sailing in almost any weather!

Slack lining is and amazing balance training aid which helps coordination, focus, muscle strengthening and control

An amazing balance activity which increases brain stimulation, coordination and prepares you for a huge number of board sports

Activity to teach students of where the power of the sail is and how to carry it, also when attached to the simulator how to move and turn around with the sail

wassupoz.com - dan.iwassup@gmail.com