

**SUP YOUTH!**

**AT THE DARIEN Y**



**SUP YOUTH will be your kids’ favorite after school activity this SUMMER!**

**Classes Taught by:**

**Talita Moss, Darien Y’s Teen Yoga, SUP, Outdoor and Land Yoga instructor**

**Talita will teach participants how to have fun, balance and focus by incorporating SUP YOGA and PaddleFIT Coaching excursions out on Holly Pond. Sign your kid up (ages 11-14) and see why this amazing class might be their new obsession!**

**IT’S FUN.**

**IT’S CALMING.**

**IT’S BEAUTIFUL.**

**IT’S EMPOWERING.**

**IT’S CHALLENGING.**

**IT TEACHES YOU TO GET BACK UP.**

**IT HELPS YOU FOCUS ON YOUR BREATH.**

**IT WILL REFINE YOUR TECHNIQUE.**

Private SUP YOGA is available by appointment as well. Please reach out to Jvansciver@darien-ymca.org for details and questions.

**SUP YOUTH CLASS**

**Time:** 1 hour and 15 min–paddle to/from location and Yoga class.

**Age:** 11-14 years old

**Fees:**

Members: $35 per class

Non-Members: $45 per class

***Your instructor for SUP YOUTH instructor will greet you in the Front Lobby. Please make sure to arrive 10-15 minutes prior to your class start time. This will allow for time to store any personal items, change into appropriate clothing and to sign our waiver.***

**Sign up online or at the Front Desk to reserve a spot in each**

**SUP YOUTH class.**

**NO SUP experience is necessary.**

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| **Date** | **Time** | **Coach** |
| Thursday, June 20th | 3:00-4:00pm | Lisa |
| Thursday, June 27th | 3:00-4:00pm | Lisa |
| Thursday, July 11th  | 3:00-4:00pm  | Lisa |
| Thursday, July 18th | 3:00-4:00pm  | Lisa |