

What you need to know for (SUP) Floating Fitness

Directions to Cochiti: *About 60 miles NE of Albuquerque*

From Albuquerque take I-25 north from Albuquerque, NM to the 259 exit, west on NM 22 through Peña Blanca to the Project Office.

**Note: No refunds for cancellations 7 days or less prior to the event.
No refunds for no-shows.**

- You will need to provide your own transportation to and from Cochiti Lake Please arrive by 9:00a.m. for your class.
- Unless stated otherwise, all classes will be at the Swim Beach location on the main side of Cochiti Lake (1 hour from ABQ)
- You will be required to sign a liability waiver at the start of class (minors under 18 must have parent/guardian sign waiver. Call 505-450-2658 in advance if you need a waiver emailed to you). If you have a medical or physical condition about which you think we should be aware, we ask you to disclose this to us in advance.
- You are required to wear a person floatation device at all times when on the water (provided).
- You must be a proficient swimmer
- We may contact you in advance for your height and weight to best outfit you.

What you need to bring to your Stand Up Paddle Class

- Swim wear, including shoes that can get wet, dry clothes to change into
- Food and plenty of water for the day (Cochiti Lake is a No-Alcohol facility)
- Sun protection clothes, head-wear and sunscreen lotion
- Insect repellent (optional)
- Secure strap for eye wear if eye wear must be worn on the water.

Call Sol Board Sports 505-450-2658 if you have any additional questions about your upcoming class!

***Stand Up Paddle Board
Floating Fitness
June 24, 2017***

