

Explore St. John.... ...on a Paddleboard!

Learn to paddle in 2 hours from our ISA & ASI certified SUP Instructor
High quality boards & high quality carbon fiber paddles
Complimentary board delivery to your hotel/villa

We provide straps/soft racks for transport and will show you how to load on car
Glow in the dark night paddles, SUP Yoga anchors, Go Pro Cameras, snorkel gear & more



SUP ST. JOHN - LEARN TO
PADDLEBOARD IN THE USVI
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SUP-STJOHN.com

info@sup-stjohn.com

340-514-5527 (text or call)





What's SUP?

SUP is short from Stand Up Paddling. It is an emerging global sport with a Hawaiian heritage. People of every age and ability can learn to Stand-Up Paddle on any kind of water surface.

Lessons on St. John

St. John with its beautiful beaches and warm water is the perfect place to learn to paddleboard.. With good instruction, the basic technique (paddle stroke and turns) can be learned in 1.5-2hours and after that you are good to go and explore St. John waters on your own.

Lucy who founded SUP-STJOHN.com is an ISA and ASI-certified SUP Instructor (Level 1 and 2), American Red Cross Lifeguard and former Fanatic team rider. In 2012, she paddled from Tortola to Jost van Dyke and back and was the only women to complete the 40 miles Ultramarathon at the Surf Worldcup Podersdorf. She circumnavigated St. John in 7 hours and 56 minutes on her 14' SUP, solo and unassisted. She has also completed the SUP Eleven City Tour, the worlds longest and most gueling SUP Race (132 miles).

She says: "I had been paddling for about half a year when I met Annabel Anderson, the world's fastest female paddler. She showed me the right technique and I have been hooked on SUP ever since. I have passed on this technique to many beginners and our team of instructors, it really works. I am sad when I see people helplessly drifting around, having the wrong paddle length, holding the paddle backwards and doing a stroke that is not efficient and bad for the body. We would love to teach you what I learned from Annabel, to make sure you have fun and are safe on the water! I will also make sure you get a board that is right for your size, height, weight and skills. Contrary to popular belief there is no one board fits all and having the right board makes a big difference. We also have special boards for kids that are safe and easy to use."

Prices for Lessons

- 2 hours private lesson including board & carbon paddle rental:
75\$ (one person)
2 or more: 65\$ (per person)
- Beginner Lessons, Race Coaching, Paddelfit and SUP Yoga. Kids Welcome

Add ons

- Leashes, Lifevest, Paddle and Soft Racks are included
- Skimboards: wood: 35\$ per week / Fiberglass 75\$ per week
- We also have go pros and fins for rent.

Prices for SUP Rental

DAY

- 65\$ first day, 50\$ for the following days for 2 or more boards. One board day rental 75\$

3 DAY SPECIAL

- 275\$ / 2 boards for 3 days - cash only

WEEK

- 200\$ / week incl. complimentary delivery (carbon raceboard 250\$, kids board 150\$)

This includes board, leash, life vest, carbon fiber paddle, soft racks to transport boards on car and complimentary delivery and pickup to your villa / hotel

SUP St. John is the paddleboarding division of Rockhoppin Adventures LLC. We also have a 32 FS Regulator Powerboat with twin Yamaha 250s (www.rockhoppin.com)



A New Normal...

SUP St. John Covid 19 update – May 20th 2020

The US Virgin Islands will be back open for visitors on June 1st. There is a lot of uncertainty as we navigate the new normal we don't know what the re-opening will bring but one thing is for sure, being on a paddleboard is about as safe as an activity gets during this pandemic and we have implemented measures to make sure the reservation and delivery process is as safe as it gets.

In-line with the governor re-opening the USVI for tourists, we will be back open for paddleboard rentals on June 1st.

We deliver the paddleboards to the villas, usually the evening before the rental starts and we ask our guests to pay online and sign the release prior to delivery so the deliveries will be no contact. We will still mount the soft racks and load the boards for you and are happy to give you recommendations on where to paddle when delivering the boards.

- Please reserve boards in advance here <http://www.sup-stjohn.com/paddleboard/contact-us/> or via text to 340-514-5527 at least 24 hours in advance, no last minute I want boards now calls please we need time to sanitize equipment and pre-arrange paperwork. If weather does not cooperate or if you have covid related travel issues you can always reschedule free of charge.
- We ask for advance payment online via card or paypal or you can have an envelope with cash in the correct amount ready upon delivery.
- We will not be renting snorkel gear even with careful disinfection you never know we don't think these are the times to share breathing equipment. We strongly recommend you purchase and bring your own masks. If you want to rent fins (which are bulky to carry), you can rent them for 20\$ per week. Please let us know your shoe sizes in advance.
- All equipment will be disinfected upon pickup and before each delivery.
- We will be wearing masks for delivery as long as the mask guidance is in place
- We will not be doing lessons in the water for now but we can give you a quick run down of what to do and how to get up at your villa upon delivery

We thank our customers for their continued support during these difficult times.

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