

Explore St. John...



...on a Paddleboard!

SUP Lessons and Rental
ISA certified SUP Instructor and Lifeguard
Complimentary board delivery to your hotel/villa

SUP-STJOHN.com

info@sup-stjohn.com

340-626-2859 or iMessage to lucysup@icloud.com



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. Only condition: Being a good swimmer, in case you fall in. The eco-friendly new popular sport offers a perfect, holistic workout which is easy on the joints.

Lucy who founded SUP-STJOHN.com is an ISA-certified SUP Instructor, Lifeguard and Fanatic team rider. In 2012, she paddled from Tortola to Jost van Dyke and back, was the only women to complete the 40 miles Ultramarathon at the Surf Worldcup Podersdorf. On the weekend of July 13th 2013, she circumnavigated St. John in 7 hours and 56 minutes on her 14' SUP, solo and unassisted.

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!"

Prices for Lessons

- 1.5-2 hours private lesson including board & carbon paddle rental: 75\$ (one person)
2 or more: 65\$ (per person)
- half hour lesson and half hour paddling by yourself: 50\$

What to bring

- Bikini/Boardshorts/Lycra
- Towel, Sunscreen, Change of Clothes
- Drinks and Snacks
- We will equip you with board, paddle, life vest and leash

Lessons on St. John

St. John with its beautiful beaches and warm water is the perfect place to learn to paddleboard. It is best to start in a calm bay with little waves and winds. The basic technique (paddle stroke and turns) can be learned in 1-2hours. Everybody can do it, it is a great sport for the whole family

Prices for Rental

DAY

- 65\$ / day Inflatable SUP or Allround SUP (Fanatic Fly 11'0 or 11'6)
- 65\$ / day Kids SUP / SUP Surf Board (Fanatic 8'10" Pro Wave)
- 75\$ / day Carbon Race Board (Fanatic Falcon 12'6" or 14')

WEEK

- 220\$ / week for any Board incl. complimentary delivery

Contact Us

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We teach on Fanatic Boards (Fly Air Touring, Fly Allround, Prowave, Falcon Carbon Race) and high quality carbon or fiberglass paddles. More info on the boards: www.fanatic-sup.com.