

FAQ

1. Will I fall in and drown?

No - Cos SJ will rescue you :)

2. Do I wear a costume or a wetsuit?

Whatever you feel comfortable wearing. Most girls wear casual gym pants & a loose fitting top. It pays to bring a wind jacket just in case & a change of clothes, towel etc. Use layers to keep warm & a marino top in winter. Ps. No shoes but booties recommended if you have them (optional)

3. Do I wear glasses?

No - not recommended in case they fall off. If you need to wear prescription glasses then I suggest you wear a hat and tuck them sides away

4. What if I'm slower than the group. Will I get left behind?

No - We will always stick together or have a coach/assistant at the front & back

5. Where do we meet?

Saturday's

- Takapuna Beach Cafe Boat Ramp

Sunday's

- Lake Pupuke The Pumphouse Killarney Park

6. What time should I come?

Arrive 15 mins before session starts to check in and grab your safety equipment. Don't forget to sign your waiver form in case I need to call your cat or next of kin! lol

7. What else do I need to bring?

Money for coffee as we normally catch up afterwards & have a coffee & chat about our experiences. It's a good opportunity to ask any questions if unsure

8. I feel nervous/excited

It's normal to feel that way when trying something new. Go for it! I promise everyone else is feeling the same way. Your coach will answer any questions you have

9. Can I knee paddle if not confident to stand?

Of course you can!

No pressure here but at least give it a go. You can always go back down on your knees if feeling wobbly yo!

10. So what is the next step after my first lesson?

Wait for a bonus prize on completion....

See you out there girls!

I just cant wait, Im so excited to teach you! SJ x

Ps. Any concerns, contact me via our website, where you also can book your first intro session!

