

Always wanted to learn to SURF or take a STAND UP PADDLE Lesson?



You now can from The Beachmere Inn's little beach!

**We've partnered with Liquid Dreams Surf Shop to offer these classes:
Tues & Thurs each week this summer - - Starting June 15th**

SURFING

Join the Liquid Dreams Surf crew as they guide you through the fundamentals of surfing, including: paddling, how to stand, riding, ocean safety and wave selection. Cost is \$80 per person and includes a board and wetsuit. Regular surfing lessons will be offered at **low tide** at the mouth of the Ogunquit River on Tuesdays and Thursdays. Please meet on the Beachmere Inn's main lawn to get started. Age requirement: 6yrs +

SUP LESSONS & FLAT WATER TOURS

Stand Up Paddle (SUP) Boarding is the hottest new craze taking over water sports! Its ease of learning and the great core workout it offers attracts water enthusiasts of all types. SUP is part paddling, part balancing, and part surfing. Cost is \$70 per person including board, paddle and wetsuit (if requested). SUP lessons and tours will be offered one hour before **high tide** Tuesdays and Thursdays. You will meet the instructor at the lighthouse on the Marginal Way. Age Requirement: 10yrs +



Lesson curriculum may vary depending upon ocean conditions and/or student ability/interest. For

example, if the open ocean is stormy, classes will most likely take a flat water focus on the calm and scenic Ogunquit River. If ocean conditions are calm and conducive to surfing, the lesson may take a wave riding focus; either way, students will be taught the fundamentals of SUP including paddling, how to stand, ocean safety, and most importantly, how to have fun!

Please Sign Up with the Front Desk in advance.

Billing can go directly on your room bill, so no cash or credit cards needed.

Cancellations must be received by 4:00pm the day before the class for a full refund.