

Course Name	Location	Instructor	Duration (hours)	Skill Level	Price (USD)	Contact Information	Website
Beginner Paddleboarding	Santa Monica, CA	John Smith	2.0	Beginner	75	555-1234	www.santamonicapaddle.com
Intermediate Paddleboarding	Miami Beach, FL	Jane Doe	3.0	Intermediate	95	555-5678	www.miamipaddleboard.com
Advanced Paddleboarding Techniques	Lake Tahoe, NV	Bob Johnson	4.0	Advanced	120	555-8765	www.tahoepaddle.com
Weekend SUP Retreat	Key West, FL	Sarah Connor	16.0	Beginner-Advanced	400	555-4321	www.keywestsup.com
Yoga on Paddleboard	San Diego, CA	Linda Lee	1.5	All Levels	50	555-3141	www.sandiegoyoga.com
Sunset Paddle Tour	Portland, OR	Mike Wazowski	2.5	All Levels	60	555-2712	www.portlandpaddletours.com
Paddle and Picnic	Charleston, SC	Nancy Drew	3.0	All Levels	85	555-9090	www.charlestonpaddle.com
Kids Paddleboarding Basics	Austin, TX	Tommy Parker	2.0	Kids	40	555-9999	www.austinfunpaddle.com
SUP Racing Training	Newport Beach, CA	Rebecca Marquez	5.0	Intermediate-Advanced	150	555-8888	www.newportsupracing.com
Stand Up Paddleboarding Certification	Orlando, FL	Alice Wonderland	8.0	Beginner	200	555-5555	www.orlandopaddlecert.com
Winter Paddleboarding Skills	Burlington, VT	Martin Luther	3.0	Intermediate	70	555-7777	www.burlingtonpaddle.com
Eco Paddleboarding Tour	Seattle, WA	Green Guy	3.0	All Levels	90	555-2222	www.seattleecotours.com
SUP Fitness Class	San Antonio, TX	Fit Coach	1.0	All Levels	25	555-4444	www.sanantoniofitpaddle.com
Family Paddleboarding Day	Chicago, IL	Family Fun Team	4.0	All Levels	120	555-1235	www.chicagofamilypaddle.com
Intro to Paddleboarding for Seniors	Phoenix, AZ	Gentle Coach	2.0	Beginner	55	555-3333	www.phoenixseniorsup.com
Adventure Paddleboarding	Sedona, AZ	Adventurer Dan	6.0	All Levels	180	555-5556	www.sedonapaddle.com
Stand Up Paddleboarding for Beginners	Honolulu, HI	Beach Buddy	2.0	Beginner	65	555-8880	www.honolulupaddle.com
SUP Wildlife Tour	Everglades, FL	Nature Navigator	3.5	All Levels	100	555-0000	www.evergladespaddle.com
Girls Only Paddleboarding	Nashville, TN	Girl Power	2.0	Beginner-Intermediate	70	555-1212	www.nashvillegirlsup.com
SUP Yoga Immersion	Pismo Beach, CA	Sunshine Yoga	3.0	Intermediate	90	555-1313	www.pismoyoga.com
Full Moon Paddle	Lake Michigan, IL	Lunar Paddle	2.5	All Levels	80	555-1456	www.lakemoonpaddle.com
Paddle Adventure Weekend	Corolla, NC	Adventure Andy	12.0	All Levels	350	555-8555	www.corollapaddle.com
SUP Fishing Basics	Galveston, TX	Fishing Fred	4.0	All Levels	130	555-2121	www.galvestonpaddlefish.com
Stand Up Paddleboard Yoga Basic	San Francisco, CA	Zen Yogi	1.5	All Levels	45	555-9876	www.sfpaddleyoga.com
Exploring Hidden Coves by SUP	Maui, HI	Adventure Annie	2.0	Intermediate	100	555-6543	www.mahipaddle.com
Paddleboard Safety Course	Baltimore, MD	Safety Sam	3.0	All Levels	120	555-4322	www.baltimorepaddle.com
SUP Introductory Course	Anchorage, AK	Snowy Paddler	2.0	Beginner	60	555-4567	www.anchoragepaddle.com
Historic River Paddle	Richmond, VA	History Buff	4.0	All Levels	110	555-6542	www.richmondpaddle.com
SUP for Corporate Teams	Atlanta, GA	Team Builder	8.0	All Levels	500	555-3330	www.atlantaRTP.com

Challenge Yourself Paddle Board	Grand Rapids, MI	Fitness Expert	3.0	Advanced	135	555-5675	www.grandpaddler.com
Family Paddleboarding Class	Virginia Beach, VA	Family Fun Coach	2.5	All Levels	95	555-7654	www.virginiabeachpaddle.com
SUP and Meditation Workshop	Lake Arrowhead, CA	Mindful Coach	3.0	All Levels	150	555-2229	www.lakearrowheadmind.com
Stand Up Paddleboarding for Disabled	San Diego, CA	Inclusive Paddle	2.5	All Levels	75	555-8761	www.sandiegoinclusivesup.com
River SUP Challenge	Bend, OR	River Gary	5.0	Advanced	200	555-0001	www.bendpaddlechallenge.com
Paddleboarding Level 1 Certification	Tampa, FL	Expert Trainer	4.0	Beginner-Intermediate	160	555-4913	www.tampapaddlecertification.com
SUP Fitness and Conditioning	Salt Lake City, UT	Fit Coach	1.5	All Levels	50	555-3847	www.saltlakefitpaddle.com
Yoga Retreat on Paddleboards	Santa Barbara, CA	Yoga Dreamer	10.0	Beginner-Advanced	350	555-7631	www.santabarbarapaddle.com
Stand Up Paddleboard Tour	Boston, MA	Tour Guide	3.0	All Levels	90	555-2228	www.bostonpaddletours.com
Kids Summer Paddleboarding Camp	Lake Norman, NC	Kid Coach	5.0	Kids	200	555-5344	www.lakenormanpaddle.com
SUP History Tour	San Jose, CA	History Challenger	2.5	All Levels	80	555-6611	www.sanjosepaddlehistory.com
Team Building Paddleboarding	Boise, ID	Team Coach	6.0	All Levels	300	555-7890	www.boiseambassadors.com
Private Paddleboard Lessons	Naples, FL	Local Expert	1.5	All Levels	100	555-4289	www.naplespaddle.com
Stand Up Paddleboarding Safety Course	Cincinnati, OH	Safety Expert	2.0	All Levels	75	555-8902	www.cincinnatiup.com
Girls Paddleboarding Adventure	Sedona, AZ	Adventure Girl	3.0	All Levels	85	555-7543	www.sedonagirls.com
SUP for Photographers	Oahu, HI	Photo Coach	3.0	All Levels	120	555-1239	www.oahupaddlephoto.com
Engaging Kids in Paddleboarding	Hawaii, HI	Kids Adventurer	2.5	Kids	90	555-7861	www.kidspaddlehawaii.com
SUP for Nature Lovers	Lake Placid, NY	Nature Walker	5.0	All Levels	150	555-9191	www.lakeplacidnature.com
Paddleboarding for Mental Health	Las Vegas, NV	Mindful Coach	2.0	Beginner-Intermediate	100	555-2123	www.lasvegaspaddle.com
Sunrise Paddleboarding Experience	Cape Cod, MA	Early Bird	2.0	All Levels	70	555-4777	www.capecodpaddle.com
Autumn Colors Paddleboarding	Asheville, NC	Color Guide	3.0	All Levels	95	555-6102	www.ashevillepaddle.com
Stand Up Paddleboard Essentials	Charleston, SC	Paddleboard Pro	3.0	Beginner	80	555-5559	www.charlestonpaddleboard.com
Paddleboarding with Kids	Lake Tahoe, CA	Family Fun Coach	4.0	Kids-Adults	150	555-1888	www.laketahoefamily.com
SUP Adventure for Beginners	Vancouver, WA	Beginner Coach	2.0	Beginner	65	555-9997	www.vancouverpaddle.ca
Paddle and Yoga Retreat	Austin, TX	Zen Coach	6.0	All Levels	300	555-5783	www.austinyogaretreat.com
SUP Fishing Adventures	Galveston, TX	Fishing Expert	4.0	All Levels	120	555-2378	www.galvestonfishingpaddle.com
Eco-Friendly Paddleboarding	Boulder, CO	Eco Warrior	3.0	All Levels	85	555-7772	www.boulderpaddle.com
Tranquility Paddleboarding Sessions	Maui, HI	Zen Master	1.5	All Levels	55	555-0987	www.mauizentrip.com
Family-							

Friendly Paddleboarding	Sarasota, FL	Family Guide	3.0	All Levels	90	555-4500	www.sarasotafamily.com
Super SUP Race	Las Vegas, NV	Race Organizer	4.0	Intermediate-Advanced	200	555-2225	www.lasvegasuprace.com
SUP for Wellness	Portland, OR	Wellness Coach	2.0	All Levels	75	555-6937	www.portlandwellnesspaddle.com
Customized SUP Tours	New Orleans, LA	Custom Guide	3.0	All Levels	110	555-2893	www.neworleanspaddle.com
Big City Paddleboarding	Chicago, IL	City Explorer	3.0	All Levels	95	555-1734	www.chicagopaddle.com
Stand Up Paddleboarding Basics	Corpus Christi, TX	Beginner Trainer	2.0	Beginner	75	555-8989	www.corpuspaddle.com
SUP Retreat Weekend	Lake Michigamme, MI	Retreat Coach	16.0	All Levels	400	555-3645	www.lakemichigamme.com
Paddleboarding for Families	Dallas, TX	Family Fun Leader	4.0	All Levels	115	555-1806	www.dallaspaddlefamily.com
Stand Up Paddleboarding for All	Cleveland, OH	Inclusive Coach	1.5	All Levels	65	555-4680	www.clevelandpaddle.com
Private Paddleboarding Experiences	Fargo, ND	Local Expert	3.0	All Levels	85	555-4937	www.fargopaddle.com
Exploring Coastal Waters by SUP	Jacksonville, FL	Coastal Guide	5.0	Intermediate	150	555-7744	www.jacksonvillepaddle.com
SUP Classes for All Ages	Sierra Vista, AZ	Paddle Coach	2.0	All Levels	70	555-8432	www.sierravistaSUP.com
Family Paddleboarding Weekend	Bay City, MI	Family Leader	6.0	All Levels	250	555-2920	www.baycitypaddle.com
SUP for Beginners and Beyond	Atlanta, GA	Beginner Pro	3.0	All Levels	90	555-6699	www.atlantasup.com
SUP for Adventurous Souls	Breckenridge, CO	Adventure Guide	4.0	All Levels	180	555-1238	www.breckenridgeadventure.com
Paddleboarding for Recovery	Newark, NJ	Recovery Coach	2.0	All Levels	70	555-3033	www.newarkpaddle.com
Exploring Lagoons by SUP	Sitka, AK	Lagoon Explorer	2.5	All Levels	90	555-4585	www.sitkapaddle.com
Children's Paddleboarding Workshop	Fort Lauderdale, FL	Kids Coach	3.0	Kids	100	555-9088	www.fortlauderdalekids.com
SUP Camp for Ages 5-12	San Diego, CA	Camp Leader	5.0	Kids	200	555-6673	www.sandiegokidscamp.com
Eco-Paddleboard Adventure	Hilo, HI	Eco Guide	3.5	All Levels	130	555-1230	www.hiloeco.com
Paddleboarding Lifestyle Class	Miami, FL	Life Coach	3.0	All Levels	85	555-5934	www.miamilifestylepaddle.com
Winter Wonderland Paddleboarding	Newport, RI	Winter Guide	4.0	All Levels	150	555-2288	www.newportwinterpaddle.com
SUP in Nature	Flagstaff, AZ	Nature Explorer	2.0	All Levels	60	555-1235	www.flagstaffsup.com
Adaptive Paddleboarding Program	Wichita, KS	Adaptive Coach	3.0	All Levels	80	555-9281	www.wichitapaddle.com
Yoga and Paddleboarding Weekend	Bar Harbor, ME	Yoga Retreat Leader	12.0	All Levels	350	555-6473	www.barharboryoga.com
SUP with Dolphin Encounters	Naples, FL	Dolphin Coach	2.5	All Levels	95	555-5642	www.naplesdolphinpaddle.com
Paddleboarding for Health Benefits	Vancouver, WA	Health Coach	2.0	All Levels	70	555-8399	www.vancouverhealthpaddle.com
Family Stand Up Paddleboarding Stand Up	Ocean City, MD	Family Fun Coach	4.0	All Levels	110	555-4445	www.oceancityfamily.com

Paddleboarding Basics and Beyond	Atlanta, GA	Expert Trainer	3.0	All Levels	95	555-1928	www.atlantabasics.com
Environmental Paddleboarding Tour	Cedar Rapids, IA	Eco Ambassador	4.0	All Levels	100	555-6879	www.cedarrapidseco.com
Paddleboarding with a Purpose	Mountain View, CA	Cause Coach	5.0	All Levels	150	555-4367	www.mountainviewpaddle.com
Continuous Informational Clinics	Roanoke, VA	Clinic Coach	6.0	Intermediate-Advanced	200	555-2828	www.roanokepaddle.com
Stand Up Paddleboarding 101	Virginia Beach, VA	Beginner Trainer	2.0	Beginner	70	555-3894	www.virginiabeachsup.com
SUP Day Camp for Teens	San Juan, PR	Teen Coach	5.0	Teens	250	555-2915	www.sanjuansup.com
Nature's SUP Experience	Santa Rosa, CA	Nature Guide	3.0	All Levels	100	555-9595	www.santarosanature.com
Summer Paddleboarding for Youth	Albuquerque, NM	Youth Coach	4.0	Kids	120	555-1199	www.albuquerque-sup.com
Engaging Paddleboarding for Families	Galveston, TX	Family Fun Coach	3.0	All Levels	100	555-7588	www.galvestonfamilyretreat.com
Stand Up Paddleboarding Group Sessions	Knoxville, TN	Group Trainer	2.5	All Levels	80	555-6745	www.knoxvillesup.com
Sustainable Paddleboarding Tour	Portland, OR	Sustainable Guide	3.0	All Levels	90	555-7411	www.portlandSustainablePaddle.com
Intro to Paddleboarding for Everyone	Savannah, GA	Beginner Coach	2.0	Beginner	75	555-8810	www.savannahpaddle.com
Advanced Paddleboarding Skills	Lake Tahoe, NV	Expert Instructor	4.0	Advanced	150	555-6281	www.tahoepaddleskills.com
Stand Up Paddleboard Fitness Course	Boise, ID	Fit Coach	2.0	All Levels	70	555-4400	www.boiseSUPfitness.com
Corporate Paddleboarding Team Building	Charlotte, NC	Corporate Coach	6.0	All Levels	325	555-2912	www.charlotteRADpaddle.com
Paddleboarding Adventures in the Keys	Key Largo, FL	Adventure Instructor	8.0	All Levels	200	555-1567	www.keylargoAdventures.com
SUP for College Students	Lincoln, NE	Campus Coach	2.0	Beginner-Intermediate	60	555-7807	www.lincolnsup.com
Introduction to Paddleboarding Safety	Des Moines, IA	Safety Leader	3.0	All Levels	85	555-5673	www.desmoinessup.com
Women's SUP Retreat	Asheville, NC	Women's Empowerment Coach	6.0	All Levels	300	555-2345	www.ashevillesupwomen.com
Community Paddleboarding Day	Eugene, OR	Community Coach	4.0	All Levels	100	555-2003	www.eugenepaddle.com
SUP with a Twist: Dancing on Boards	San Francisco, CA	Dance Coach	2.0	Intermediate	80	555-6637	www.sfDanceSup.com
Exploring Lakes and Rivers by SUP	Lake Tahoe, NV	Water Explorer	2.5	All Levels	90	555-2343	www.tahoewaterexplorers.com
School Field Trip Paddleboarding	Boston, MA	School Coach	4.0	Kids	100	555-8142	www.bostonfieldtripSUP.com
Evening Paddleboarding Adventure	Montauk, NY	Adventure Guide	3.0	All Levels	90	555-6847	www.montaukpaddle.com
SUP for Couples Intimacy	Miami, FL	Relationship Coach	2.0	All Levels	85	555-5547	www.miamiSUPromance.com
Summer Paddleboarding	Ocean City,	Camp Leader	10.0	Kids-Adults	450	555-6780	www.oceancitycamp.com

Camp	MD						
Continuous Paddleboarding Lessons	Santa Cruz, CA	Continuous Trainer	3.0	All Levels	90	555-8889	www.santacruzcontinuouspaddle.com
SUP Day Adventure	Cape Cod, MA	Adventure Coach	4.0	All Levels	100	555-1223	www.capecodadventure.com
Christian Paddleboarding Retreat	Dallas, TX	Faith Leader	6.0	All Levels	300	555-5432	www.dallaschristiansup.com
Stand Up Paddleboarding for Scouts	Seattle, WA	Scout Instructor	3.0	Kids	80	555-7832	www.seattlescoutsup.com
SUP Skills and Drills	Phoenix, AZ	Expert Trainer	2.0	Intermediate	75	555-6592	www.phoenixdrills.com
Family Paddleboarding Workshops	Sarasota, FL	Family Fun Coach	2.5	All Levels	85	555-1029	www.sarasotafamilypaddle.com
Adaptive Paddleboarding Retreat	Austin, TX	Adaptive Coach	6.0	All Levels	200	555-8701	www.austinadaptivepaddle.com
SUP and Community Gathering	Denver, CO	Community Organizer	4.0	All Levels	100	555-6745	www.denversupcommunity.com
SUP Escape Retreat	Nantucket, MA	Retreat Guide	12.0	All Levels	300	555-1300	www.nantucketpuzzle.com
Starlight SUP Paddle Experience	Nashville, TN	Starlight Guide	3.0	All Levels	90	555-4567	www.nashvillestarlightSUP.com