

FOR IMMEDIATE RELEASE:

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**EXPLORE LAKES IN ST. CHARLES COUNTY PARKS BY LEARNING ‘SUP’
JUNE 21 AT BROEMMELSIEK PARK**



ST. CHARLES COUNTY, MO – WhatSUP? Stand Up Paddleboarding, that’s what!

Now you can get a great workout while exploring some of the waterways in St. Charles County Parks by learning how to SUP at a new class, Stand Up Paddleboarding 101, being offered from 7:30 to 9 p.m., Friday, June 21, on Betty’s Lake at Broemmelsiek Park, 1795 Highway DD in Defiance.

No experience is necessary! A certified instructor from SUP St. Louis teaches the basics of the sport. Before heading out on the water, registered participants are fitted with the appropriate safety gear and learn about paddleboard equipment. Instructors teach basic SUP techniques, such as proper stance for balance and control, various paddle strokes and other important paddling skills.

The cost of the program is \$10 per person; the class is limited to 15 participants. All participants must know how to swim and be at least 12 years of age. To pre-register, visit <http://bit.ly/2019SUP101registration> or call the St. Charles County Parks and Recreation Department at 636-949-7535.

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About St. Charles County Parks & Recreation

The St. Charles County Parks & Recreation Department was created in 1997 after voters approved a local use tax with the sole purpose of park land acquisition, development, operations and maintenance. The department’s mission is to preserve natural and historic features in areas throughout the county for the use of future generations. Today, the department operates 15 parks and consists of 3,643 acres of acquired park land. From historic homesteads to a youth skate park; from camping, hiking, biking, and fishing to weddings and educational classrooms, there’s something for everyone in St. Charles County Parks.

For more information and specifics about each park, amenities, trails, and more, visit stccparks.org.