

Ebbing Tides Stand Up Paddle Boarding

Where exploration meets education!



Spend a day in nature's classroom. Explore a wetland and experience the ecology firsthand! Each class is a different experience. Plus your body gets all the benefits of a cardio workout! Investigate sandbars, oyster reefs, beaches, and tidal marshes. Get hands-on with a hermit crab or friendly with a fish; either way this day is sure to be exciting.

Four awesome SUP Adventures to choose from!

➤ ESTUARINE ECOLOGY

This is an all-in-one introduction to estuaries. Get fit and paddle board in a tidal marsh. Become a scientist and observe & identify flora and fauna, build food webs and discuss human impacts on this sensitive ecosystem.

Science SOLs: k.6, 1.5, 2.8, 3.5, 3.9, 4.5, 5.6, 6.7, LS.5, LS.9, Bio 8

➤ OUTRAGEOUS OYSTERS

Discover why this simple mollusk is a vital part of its habitat. Participants will paddle out to an oyster reef, measure spat, collect and compare data and get up close and personal with all the critters that call an oyster reef home.

Science SOLs: k.1, k.7, 1.5, 1.8, 2.4, 2.5, 2.8, 3.5, 4.5, 5.6, 6.7, LS.5, LS.9-11, ES.6, ES.8, ES.10

➤ CLASSIFICATION IN THE CHESAPEAKE

What better way to learn about the many organisms found in the bay than by exploring the bay, nets in hand? This SUP adventure is quite the catch! We paddle the bay, cast our nets and classify all the animals we catch. If we didn't catch it, we have molts and skeletons to interact with too.

Science SOLs: k.6, 2.4, 3.4, 4.5, LS.4, LS.6, LS.8, BIO.1, BIO.4, BIO.6, BIO.8

➤ WATERSHEDS & WETLANDS

What's your watershed address? How do you impact local wetlands? What role does a wetland play in water quality? Learn all this and more in a SUP adventure like no other! Take a SUP tour of a local wetland, measure water quality and simulate water pollution.

Science SOLs: 1.8, 2.8, 3.9, 4.9, 5.6, 6.7, LS.5, LS.9-11, ES.6, ES.8, ES.10

Call to schedule your adventure today!

757-567-4601

SUP adventures are available March-November

If it is too cold to SUP, have no worries! All of our programs have an alternate hiking or outreach options.



All of our adventure programs can be adapted to fit any age group(s).

The following topics are covered in our various programs (VA Science SOLs):



➤ *Kindergarten – 3rd grade

- Living vs. non-living (k.6)
- Water Quality (1.8)
- Ecosystems (2.8)
- Food webs (3.5)
- Tides (3.9)

* Parents must accompany small children (ages 4–8) while on the SUP

➤ 4th – 6th grade

- Energy flow in ecosystems (4.5)
- Watersheds (4.9)
- Ocean environments (5.6)
- Health of ecosystems (6.7)
- Characteristics of estuaries & wetlands (6.7)

➤ Earth Science

- VA resources (ES.6)
- Watersheds (ES.8)
- Physical oceanography (ES.10)

➤ Life Science

- Classifications of Life (LS.4)
- Species interactions (LS.5)
- Abiotic & biotic factors of Ecosystems (LS.9)
- Eutrophication (LS.10)

➤ Biology

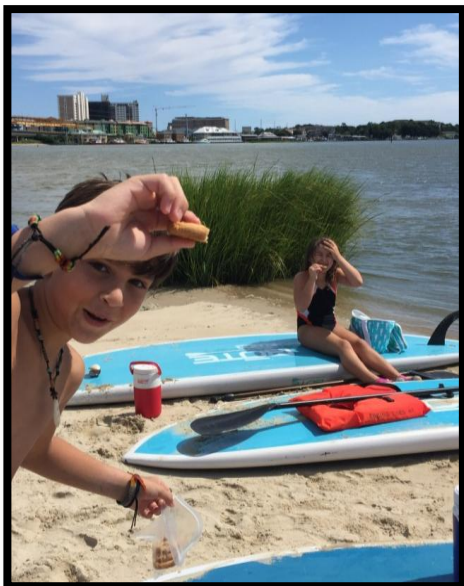
- Classifications (Bio.6)
- Ecosystem dynamics (Bio.8)

Pricing:

\$20 per explorer

\$175 for 10 explorers

\$350 for 20 explorers



All SUP programs are led by a certified ACA instructor/lifeguard and include an essential paddling skills lesson.

