



Monthly News

September 2010, Issue 21

Surf, SUP & Fitness

"It's who we are & what we do"



Photo: Harry Silegren

September's News

The month in photos...it was a good one!

Surf Shots by Harry Silegren



Surf Shots by Gavin Fregona



<http://gavinf.no-ip.com/~Gavin/>

Video from Lake Erie: <http://www.flickr.com/photos/29763590@N02/4972198225/>

New surfers bit by the surfing bug!



There were a fair few new lake surfers this summer. The season for surf lessons is winding down as the water temps are cooling off; however, because of our warm summer, we're likely to be teaching surf and SUP lessons until the end of October!

If you're looking to purchase a surfboard, we will be having another sale mid November. Surf Ontario's last board sale had brand new boards going for \$399 and many locals took advantage.

If you're in need of a board, wax, bag, leash, roof racks, ding repair, or even sun block, drop us a line and we'll sort you out. The fall surf season is the most consistent and it's just getting underway!

SUP Photos by Gavin Fregona



We have some used SUPs available for a great end of season price. Follow this link to see what we still have in stock: http://www.surfontario.ca/used_stock2.htm

We will be getting many new boards for early spring so drop us a line if you're interested in ordering one now. We're offering a 10% discount on all SUP pre-orders before November 15th!



Surf Ontario Fitness

At **Surf Ontario** we keep in shape on the water surfing and SUPing – there's no better workout.

When we're not at the beach, we train at the studio preparing for the next wave. We focus on core stability, injury prevention, strength, power, endurance and flexibility. Surfing and SUPing alone is not enough; the body must be trained on dry land to ensure optimal function on the water.

This approach can be applied to each and every one of us. Many of my clients at the studio are training for life's everyday activities and recreational sports. The ultimate goal is to improve one's movements and posture and therefore be able to do what you want to do in life - pain free!

We're still rolling on with our small group / boot camp training on Monday nights and Saturday mornings. If you're interested in private personal training or small group training contact me at mike@surfontario.com

We can train @ the beach or in the studio – it's your choice!



www.surfontario.com