

Find Your Balance On Date Night With Stand Up Paddle Boarding In New York



By [Cortney Moore](#)

Remember how Orlando Bloom made [celebrity news](#) earlier this month while paddle boarding nude? We bet you do! Aside from Bloom's outrageous antics, you might have noticed an increasing number of celebrities on vacation standing on boards and having paddles at hand. What is this sport that has celebrities like [Jennifer Aniston](#), Cameron Diaz and Julia Roberts so ready to jump in the water? Well, [stand up paddle boarding](#), also known as SUP, is a leisurely way to get in a good workout while also seeing the sights, making it a great option for [date night](#)! Avoid getting love handles while you're

falling in love. SUP works out your core, legs, back, shoulders, arms and neck by exercising your endurance, strength and balance. In fact, you can burn anywhere from 500 to 1,000 calories in one hour! Challenge your sweetheart to a race, or do yoga at sunset. The possibilities are surprisingly endless when you're on a paddle board.

Stand up paddle boarding is a date night activity that can get you fit. Check out some of the best places in NYC to begin your paddle boarding experience!

1. Manhattan Kayak + SUP: Zero experience is needed at Manhattan Kayak. It's a complete paddle sports center located in the heart of NYC. With beginner, intermediate and advanced classes taught over 40 times a week, you'll definitely find time to paddle out to the city sights. This location also offers paddle tours to iconic NYC destinations, day or night, and instructional classes for speed demons and cross fit/yoga lovers.

2. A-Team Paddleboarding: Offering group and private lessons at Rockaway beach in Queens, students are taught by a Rivera Paddlesurf team rider and other certified paddle board instructors. This location provides classes for those just learning how to paddle board, and those who are more experienced and want to learn how to paddle surf or race. SUP yoga and Pilates are also fitness options that are available. There's even a limited number of TRUCK-A-FLOAT sustainable living pods open to those who wish to stay overnight, ideal for a memorable date night. Book these in advance because they go quick!

Related Link: [Enjoy the Outdoors With This Challenging Date Idea!](#)

3. New York Kayak Co.: With a beautiful view of the Statue of Liberty, New York Kayak Co. offers a number of kayak and paddle boarding related options for native New Yorkers. Beginner and intermediate classes are available, along with SUP yoga and tours throughout the day. Students have the option to learn in groups or private lessons. Club memberships offer special perks such as storage, rentals, discounts and exclusive access to facilities.

4. Rockaway Jet Ski: Home to all of your water sport needs, Rockaway Jet Ski is nestled right in the Jamaica Bay. Here you can try your hand at paddle boarding and other paddle activities, such as yoga and sightseeing tours. After your lessons, you can enjoy food, cocktails and live music at the Thai Rock deck bar and restaurant. Just imagine a romantic date night at sunset with your significant other and the NYC skyline.

Related Link: [Ireland Baldwin Opens Up About Boyfriend Slater Trout](#)

5. Skudin Surf Inc.: The Skudin Surf school has multiple locations throughout New York. However, their SUP branch is located on Long Beach. Here you'll be able to enjoy group, private or semi-private paddle boarding lessons in flat water or the ocean. SUP yoga and other fitness classes are also available. There's even a full moon paddle tour that could be a romantic trip for couples. Package deals and registration for adult surf camp are also an option for avid fans of paddle boarding.

6. Kostal Paddle: All the way in Port Washington and Island Park Long Island, Kostal Paddle is an ideal spot to learn how to paddle board. Surround yourself by the beauty of nature, and take lessons in standard paddle boarding, SUP touring and

yoga. Classes are taught in the summer on Fridays, Saturdays and Sundays, so if you want to learn how to paddle board, then you need to reserve spots soon! Their last lesson for the year will be on September 16.

Have you heard of paddle boarding? Would you give this a try on date night? Share your thoughts in the comments below!