



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADVANCED KAYAK TECHNIQUES

AT THE PISCATAQUIS REGIONAL YMCA

Saturday, April 20th
12:30 – 3:30 p.m.

Participants will receive advanced kayak instruction and practice skills in:

- Advanced Paddle Strokes
 - Theory
 - Rescue Techniques
 - Self Rescue Techniques
 - Rolls
-and more!

SPACE IS LIMITED. REGISTER TODAY!

For more information call 207.564.7111 or visit www.PRYMCA.org



About the Instructor, Joshua Stahl:

- 10 years experience as a Level 2 Whitewater Guide
- 7 years experience as a Recreation Guide
- ACA Level 4 Swift Water Rescue Certified
- Level 2 ACA Sea Kayak Instructor

48 Park St, Dover Foxcroft • 207.564.7111 • www.PRYMCA.org