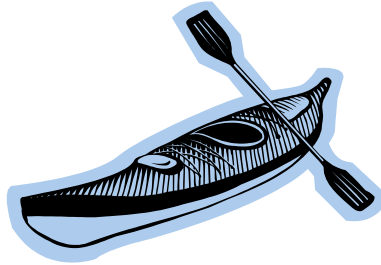


***In Water Kayak Rescue Training at Y.M.C.A.  
March 18<sup>th</sup> and 25<sup>th</sup> , 2010  
T.R.P.C. MEMBERS ONLY (10 Max.)***



**WHEN:** 7:00 p.m. until 9:00 p.m. (participants should arrive by 6:30 to allow time to prepare boat, gear and dress out for practice)

**WHERE:** Twin Rivers YMCA (use entrance gate on the right of outdoor pool bubble)

**WHO:** Twin River Paddle Club members . Maximum class size of 10 participants.  
**T.R.P.C. spectators are welcome free of charge . There will be two separate classes offered ( one on March 18 & the next on March 25<sup>th</sup> ).** Those who attend the first class may be able to practice again on the second class if there are vacancies.

**WHAT:** Participants will practice the following rescue skills: 1) Wet exit 2) Paddle Float Self Rescue 3) Scramble or Cowboy Self Rescue 4) T-Rescue and 5) Hand of God Rescue (time allowing) 6) Reenter and roll (time allowing)

**MATERIALS NEEDED BY PARTICIPANTS:** Bring your kayak, paddle, p.f.d., pump, paddle float (if you have one), towel & spray skirt . Wetsuits are not necessary but may make your experience more comfortable (pool is heated but cool). **Please make sure that your boats are reasonably clean and not muddy as a consideration for the pool filtration system.**

**PREREGISTRATION REQUIRED:** In order to prevent overbooking, all participants must preregister & pay our president - Bill Sadler [billandlynda@gmail.com](mailto:billandlynda@gmail.com)

**COST:** There will be a **\$10.00 donation** per person to be given to the YMCA for the use of pool and lifeguard. **Make checks out to Twin Rivers Paddle Club.**

**INSTRUCTORS:** Terry Rich [richenough@always-online.com](mailto:richenough@always-online.com) and John Klecker ( w/ other member volunteers as available - contact Terry if you are interested in assisting )