

Sprint Kayak Coaching Program

Schedule:

Saturdays at 4 pm and Sundays at 10
am (May-October)

Place:

ACA Camp, Lake Sebago

Goal:

To raise a new generation of
competitive paddlers and give them
lifelong benefits of health and fitness.

Price for beginners only (kids): \$20
per 1 ½ training session



Rafael Islamov, Coach

For more
information, contact
Rafael Islamov,
rilancer@gmail.com