

# **Location:**

CrossFit Clintonville 609 Oakland Park Ave Columbus, OH 43214

## Dates:

Nov 10th - Feb 28th Mon-Thu & Sat No practice: 11/26-11/29, 12/24-1/1, 1/19

## Times:

### **Boys**

 M+T 6:00-7:30PM, W+R 4:30-6:00PM, S 8:00-9:30AM

#### Girls

• M+T 4:30-6:00PM, W+R 6:00-7:30PM, S 8:00-9:30AM

# Regatta (indoor):

Midwest Championship Erg Sprints, Columbus, OH 2/28/2026

# Ages:

8<sup>th</sup> through 12<sup>th</sup> grade

## Cost:

5 days/week: \$425

Drop-in 1 day/week\*: \$250

\*Only available for athletes

participating in other winter sport



CENTRAL OHIO ROWING