



Summer

LEARN - TO - ROW

Central Ohio Rowing's Summer Learn to Row (LTR) program is the perfect opportunity for beginners and those who are curious about rowing and want to learn more. Open to all! No experience necessary.

who?

Participants need to be enrolled in grades 7-12 during the upcoming 2024-2025 school year and may not have previously participated in our Novice or Varsity programming

what?

You will learn :

Fun, fitness & technique on and off the water

Boat handling, launching and maneuvering

The foundations of rowing and tips on improving your technique

Water Safety

What it means to be part of a team

when?

SESSION 1: June 11th - 13th & June 18th, 20th & 21st. 6 pm to 8:00 pm

SESSION 2: June 25th - 27th & July 2nd, 3rd and 5th. 6 pm to 8:00 pm

SESSION 3: July 9th - 11th & July 16th-18th. 6 pm to 8 pm

SESSION 4: July 23rd -25th & July 30th-August 1st. 6 pm to 8 pm

Cost: \$150 per session

Note: No practice on June 19th or July 4th

For more information and to register visit www.centralohiorowing.org

Central Ohio Rowing is a non-profit 501(c)(3) organization. This activity is neither sponsored nor endorsed by the school district.