



LEARN TO ROW THIS SUMMER!

Why row?

- ✓ A great *team* sport; promotes coordination and collaboration
- ✓ Awesome workout in a safe, non-contact environment
- ✓ Builds flexibility, physical stamina, and mental toughness
- ✓ Serious rowers and coxswains have a good chance of earning a college scholarship
- ✓ No prior experience necessary
- ✓ It's FUN!

When: Six sessions for summer 2019, geared to students entering 7th - 12th grade. Sessions 1-4 and 6 offer the same rowing curriculum.

- Session 1: June 3-6, 6-8 pm
- Session 2: June 10-13, 6-8 pm
- Session 3: June 17-20, 6-8 pm
- Session 4: June 24-27, 6-8 pm
- Session 5 (session 1, 2, 3, or 4 is a prerequisite): July 8-18 (M,W,Th), 6-8pm
- Session 6: July 29 – Aug 1, 6-8 pm

Cost: Session 1-4 & 6 cost is \$75 per session and includes a t-shirt. Session 5 cost is \$125.

Location: Griggs Reservoir, 2933 Riverside Dr., Columbus, OH 43221

Why learn to row with Central Ohio Rowing (formerly Dublin Crew)?

- Open to students from *all* school systems; our current athletes represent over five different school districts as well as home-schooled students
- The oldest school-aged club rowing team in central Ohio
- Our mission: To inspire and enable our members to achieve excellence in the sport of rowing *and* in life

To register and for more information, go to:

www.centralohiorowing.org or email info@centralohiorowing.org



Central Ohio Rowing / Dublin Crew is a non-profit 501(c)(3) organization established to provide competitive amateur rowing opportunities for school-aged students across central Ohio.

The activities of this organization are neither sponsored nor endorsed by the school district.