



CENTRAL OHIO ROWING

SUMMER

learn-to-row

Discover the thrill of rowing with Central Ohio Rowing's Summer Learn to Row (LTR) program! Whether you're a complete beginner or just curious to try something new, this is the perfect opportunity to get started. Everyone is welcome—no prior experience required!



OPEN TO ALL STUDENTS WHO:

- Will be in grades 7-12 for the 2025-2026 school year
- Have not previously participated in our Novice or Varsity rowing programs

IN THIS PROGRAM YOU WILL LEARN:

- Fun, fitness, and technique on and off the water
- Boat handling, launching, and maneuvering
- The foundations of rowing and tips for improving your technique
- Water safety
- What it means to be part of a team

pick a session

1
June 9th - 13th
6pm to 8pm

2
June 23rd - 27th
6pm to 8pm

3
July 7th - 11th
6pm to 8pm

4
July 14th - 18th
6pm to 8pm

5
July 21st-25th
6pm to 8pm

Cost is \$200 per one week session. Limit one session per summer

For more information and to register visit centralohiorowing.org