

# LHRC G-ROW SUMMER CAMP



**For children in grades 6-9, our gROW program will teach young athletes the fundamentals of rowing while developing a growth mindset with physical, social and emotional learning!**

**Session 1: July 8, 9, 10 • 10:00am - 12:30pm**

**Session 2: July 15, 16, 17 • 10:00am - 12:30pm**

**LITCHFIELD HILLS  
ROWING CLUB**

**LITCHFIELDHILLSROWING.ORG**