



GET READY TO ROW WITH COR IN SPRING '26 TRAIN WITH US THIS WINTER!

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:

8th through 12th grade

Cost:

5 days/week: \$425

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

*Only available for athletes
participating in other winter sport



CENTRAL OHIO ROWING