

# LEARN TO ROW THIS SUMMER



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. Open to rising 7th-12th graders –no prior experience required! \$225 per session.

## Camp sessions:

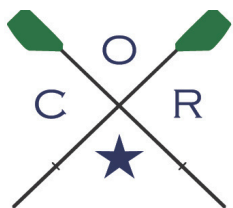
- 1: June 8th - 12th, 6:00 pm to 8:00 pm
- 2: June 22nd - 26th, 6:00 pm to 8:00 pm
- 3: July 6th - 10th, 6:00 pm to 8:00 pm
- 4: July 20th - 24th, 6:00 pm to 8:00 pm
- 5: July 27th - 31st, 6:00 pm to 8:00 pm
- 6: August 3rd - 7th, 6:00 pm to 8:00 pm

## What you'll 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

## Location:

Griggs Reservoir



# CENTRAL OHIO ROWING