WINTER PROGRAMS 2020

Development Team

January 11 - June 14

Saturdays & Sundays

9:30-11:30am

6th-12th Grade Girls

Work on rowing, fitness, nutrition and teamwork

Prepare for the Competitive Team

Rowing Academy

January 6 - February 12

Mondays and Wednesdays

4-5pm OR 5-6pm

6th-12th Grade Girls & Boys

Learn to row on rowing machines and in boats

No team commitment

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