



Junior Learn to Row Summer 2007

Ages 13-19

NO EXPERIENCE NECESSARY!



Ideally located by the Port of Sacramento, RCRC's Junior Rowing Team offers summer sessions for young men and women ages 13-19. Junior Learn to Row is a two-week program to introduce the fundamentals of rowing to beginners with no rowing experience. Participants will experience sweep rowing in eight (and four) person shells. Each session consists of ten "on the water" classes in which rowers learn the technique and execution of the rowing stroke, as well as rowing commands and boat handling.

Session 1: July 9-20, Monday-Friday, 5:30-7:30pm

Session 2: August 6-17, Monday-Friday, 5:30-7:30pm



Check us out online at www.rivercityrowing.org
or contact Jeanne Bartkiewicz at jmbartkiewicz@gmail.com