

Middle School Program

Each Middle School program is designed to teach our athletes the basic technical aspects of the rowing stroke as well as provide an introduction to on-the-water training. Our programs are meant to provide each athlete with a serious understanding of the sport while also having fun and enjoying the training. These programs are open to athletes in 6th, 7th and 8th grade. We offer two different middle school sessions a week: Monday/Wednesday 5:15-6:45, Tuesday/Thursday 5:15-6:45. All programs will begin Monday, March 26th and end Thursday May, 17th.

Fee: \$520

Saturday Recreational Program

Our recreational program is designed to teach our athletes the basic technical aspects of the rowing stroke as well as provide an introduction to on-the-water training. Our programs are meant to provide each athlete with a serious understanding of the sport while also having fun and enjoying the training. This program is open to athletes in 6th- 12th grade. We offer two different sessions each Saturday, one from 10:00am-12:00 and the other from 12:30pm-2:30pm. Athletes will be broken up within their session based on skill level. All programs will begin Saturday, March 24th and end Saturday, May 19th. There will be no practice Saturday, April 7th.

Fee: \$390