



6/15/18 – 6/16/18

MIDDLE SCHOOL LEARN TO ROW

Looking to try a new sport?

Rowing is the ultimate team sport that provides a total body workout. This sport encourages and rewards both friendship and fitness. The program will consist of 2 sessions covering boat handling, water safety, and the fundamentals of rowing. Participants will be coached in small groups both on indoor rowing machines and on the water in boats. Sign up online today!



**2 Sessions
introducing 6th -
8th graders to
the sport of
rowing!**

**Session Times:
Friday 12:00 –
3:00 pm
Saturday 10:00 –
1:00 pm**

**Rowers will
learn the
fundamentals of
the sport and
row in sweep
boats on Ford
Lake.**

**Visit
salinerowing.worldpress.com
to register**

SALINE ROWING

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