

## 2019 Summer Junior Program Overview

<b>SUMMER 2019</b>				
<b>Program Name</b>	<b>Dates</b>	<b>Days and Time</b>	<b>Description</b>	<b>Cost</b>
<b>National Learn to Row Day</b>	June 1	Saturday, 10-12am	Come learn how to row for free for a day!	FREE
<b>Youth Learn to Row</b>	Session 1: July 8 – July 12 Session 2: July 15 - July 19 Session 3: July 22 – July 26 Session 4: July 29 – August 2 Session 5: August 5 – August 9	Mon. through Fri. 8:30AM to Noon	Summer program that exposes youth (Ages 10-14) to the sport of rowing and fun. Learn to row sessions are a week long (M-F) and sessions run from 8:30 AM to noon. No experience required.	\$160
<b>Teen Learn to Row</b>	Session 1: June 11 – July 11 Session 2: July 15 – August 15	Tues. & Thurs. 5:30-7:30 PM	No or minimal experience required. Focus is to introduce teenage (14 and older) athletes to rowing.	\$160
<b>Modified Middle School Recreational</b>	Session 1: July 22 – July 26 Session 2: August 5 – August 9	Mon. through Fri. 4-6PM	For rowers entering grade 7-9 who have participated in multiple learn to rows and seek a more advanced experience.	\$150
<b>Transition from Novice to Varsity</b>	Session 1: July 15 – July 19 Session 2: July 29 – August 2	Mon. through Fri. 4-6PM	For athletes who rowed for a high school program for the first time during the spring and seeking to prepare for the next level.	\$175
<b>Boys and Girls H.S. Varsity Competitive Racing</b>	June 17 – August 12	Mon. through Fri. TBD	Summer long competitive program that seeks to improve the athletes rowing ability and engage in competitive racing. Program will ramp up with base training beginning 3-4 days per week June 17. Full practices 6 days per week begin July 3.	\$350
<b>Adult &amp; Teen Sculling</b>	Session 1: July 29 – August 2 Session 2: August 5 - 9	Mon through Fr. 5-7PM	A week-long introduction to sculling.	\$175
<b>Collegiate Program</b>	Based on Request	TBD	For college athletes returning to the summer wishing to maintain fitness and technique levels	\$150



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