

# 2022 CHARGERS Rowing Club Adult Programs

## NATIONAL LEARN TO ROW DAY

A great introduction to the sport of rowing for adults and teens with no previous rowing experience!

**Saturday, June 4<sup>th</sup>** 10:00 am **Free!**

## Adult Learn to Row

*Monday & Wednesdays 5:30-7:30 pm*

For adults and teens with no/minimal experience. Graduates of two sessions of this program may choose to continue through the adult sweep program

- **Session I** June 27-July 20
- **Session II** July 25-August 17

Cost: \$235

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## Corporate Rowing Program

No experience needed. Eight week program that culminates with an evening barbeque and race. Please see the CHARGERS website for details

- **Dates** June 20-August 11

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## Corporate Extension Program

*Monday, Tuesday & Thursday 6-8 pm*

Designed for those who participated in the Corporate Rowing Program and would like to continue their rowing experience.

- **Dates** August 15-25

Cost: \$150

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## Adult Beginner Sculling

*Monday-Friday 5-7 pm*

For those who want to learn how to scull (one oar in each hand), this one week program teaches the basics of the sport and may allow the participant to experience rowing singles, doubles and quads.

- **Session I** July 11-15
- **Session II** August 8-12

Cost: \$235

## Adult Sweep Rowing Program

*Tuesday & Thursday 6-8 pm*

For adult sweep rowers with at least one year of college or HS experience OR two sessions of Adult Learn to Row or corporate programs. Focus of program is to improve fitness and rowing technique. Come and enjoy the camaraderie of rowing in 8's and 4's, and get a great workout at the same time.

- **Session I** June 6-June 30
- **Session II** July 5-July 28
- **Session III** August 2-August 25
- **Session IV** August 30-Sept. 22
- **Session V** Sept. 27-Oct. 20

Cost: \$235 each session OR CHARGERS membership and one time coaching fee of \$125

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## Intermediate Sculling

*Monday-Friday 5-7 pm*

A week long sculling program geared toward improving sculling skills on the water. Participants must have two years of rowing experience and prior sculling experience.

- **Dates** July 25-29

Cost: \$235

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## Masters Competitive Program

*Tuesdays & Thursdays 6-8 pm & Saturday 7-9 am*

This is a competitive rowing program that is geared toward athletes who want to compete in summer and fall races. By tryout/invitation only. If interested, email [chargersrowing@gmail.com](mailto:chargersrowing@gmail.com)

- **Dates** May 10 – October 30

Cost: CHARGERS membership required plus a one-time coaching fee of \$125. Additional cost for racing fees.

## Additional Information

Please see [chargersrowing.org](http://chargersrowing.org) for more details. To register for a program online, please visit [regattacentral.com/clubs/?org\\_id=276](http://regattacentral.com/clubs/?org_id=276)