

2022 CHARGERS YOUTH/TEEN ROWING 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 4th 10:00 am **Free!**

Introductory Youth Learn to Row

Monday-Friday 8:30 am-12 pm

This is a summer program that teaches youth (ages 10-14) the basics of the sport of rowing. Two on the water practices each day with a snack break in between rows. No experience required.

- **Session I** June 27-July 1
- **Session II** July 11-July 15
- **Session III** July 18-22
- **Session IV** July 25-29
- **Session IV** August 1-5

Cost: \$235

Advanced Youth Learn to Row

Monday-Friday 8:30 am-12 pm

The next step in the Learn to Row programming offered by the CHARGERS for ages 10-14. This summer program furthers the rowing skills and fitness that were built in the Introductory Youth Learn to Row program. Pre-requisite: Athlete needs to have attended at least one Introductory Youth Learn to Row program.

- **Session II** July 11-July 15
- **Session III** July 18-22
- **Session IV** July 25-29
- **Session IV** August 1-5

Cost: \$235

High School Competitive Program

A comprehensive and intense training and racing experience for HS athletes. At least one season of competitive rowing experience required. Includes competing in summer regattas

- **Dates** June 13-July 24

Cost: \$450

Junior 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** June 27-July 1
- **Session II** July 18-July 22

Cost: \$235

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

Teen Learn to Row

Monday & Wednesday 5:30-7:30 pm

This is a summer program that teaches youth (ages 14-18) the basics of the sport of rowing. No experience required.

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

Cost: \$235

Transition from High School Novice to Varsity

Monday-Friday 4-6 pm

This program is designed for athletes who rowed for a HS program for the first time during the spring and are preparing for the next level.

- **Session I** August 1-August 5
- **Session II** August 8-August 12

Cost: \$235

Additional Information

Please see chargersrowing.org for more details. To register for a program online, please visit regattacentral.com/clubs/?org_id=276