



www.PacificRowingClub.org

LEARN-TO-ROW

(Lake Merced, 1 Harding Road, San Francisco)

This program is open to all junior students (teens 8th and up). Come and try the sport of rowing in a fun and informative camp designed for beginners!

Each camp runs for two weeks, Monday-Friday, from 8:30 am to 12 noon, and includes rowing, land training, video review, nutrition, and rowing in both small and large racing shells. No experience necessary! Just bring warm exercise clothes, and a desire to learn and have fun. Visit www.PacificRowingClub.org to enroll today!

Summer 2012 Camp Dates

- Session 1: June 18th -June 22nd & June 25th – June 29th
- Session 2: July 9th -July 13th & July 16th –July 20th
- Session 3: July 23rd –July 27th & July 30th –August 3rd
- Session 4: August 6th -August 10th & August 13th-August 17th

Cost: \$325 each session