



# Dammrich Rowing Center

## 2019 Rowing Camps

These camps are primarily for anyone that has never rowed before, or have little experience; however, anyone may sign up for the beginner camp to refresh their skills. The goal of the camp is to teach rowers the sport of competitive rowing. The first few sessions will cover the basic, introductory steps of how to row properly, as well as introducing the rowers to the equipment and the physical training that the sport requires. All participants must be able to swim and tread water for 2 minutes.

Start Date	End Date	Time	Fee	Class #
6/17/2019	6/21/2019	7:30 – 9:30AM	\$250	258653-01
6/24/2019	6/28/2019	6:00 – 8:00PM	\$250	258653-02
7/8/2019	7/12/2019	7:30 – 9:30AM	\$250	258653-03
7/8/2019	7/12/2019	6:00 – 8:00PM	\$250	258653-02



**Registration begins March 10, 2019**

