

# “Intro to Rowing” Youth Program at Canal Dock - sign up now!



## Spring Program Schedule:

- March 23rd through May 29th; 10 weeks
- Monday through Friday; approximately 3:00 to 5:00 pm
- Non-competitive pilot program

## Summer Program:

- Canal Dock intends to follow the spring “intro” program with a competitive summer program
- Plans are developing for 2-3 competitions
- Competitive summer program for 9 to 18 participants

No prior rowing experience is necessary: This is an opportunity for area teenagers to become the founding members of New Haven’s first junior rowing team. The introductory program will begin with 2-5 weeks of indoor ergometer (rowing machine) workouts, fitness exercises and technical training. When the water and weather conditions improve, 5-8 weeks of on-water practices will follow. A variety of different sized boats could be used, from 1-person to 8-person rowing shells.

Grades 9 through 12, girls & boys: 10-week program \$750, approximately \$15/day; attendance limited to 18 participants. Limited scholarships and spaces available for New Haven public school students. Apply by sending an email to: [camps@canaldock.org](mailto:camps@canaldock.org)