



# 2018 Harveys Lake Summer Rowing Program

JUNIOR CLASSES • MASTERS CLASSES • SUMMER TRAINING

## Juniors Rowing Team

Our winning culture was established in 2015.

### Why you should row for HLRC...

- 6-12th grade students accepted, any fitness level, **NO EXPERIENCE REQUIRED.**
- Get into the best shape of your life, guaranteed!
- First Class Coaching: All our coaches are U.S. Rowing Level II Certified.
- Progressive Training Plan including supplemental sessions.
- Be competitive and earn college scholarships.
- Compete against crews from all over the world.
- Unrivaled access to a beautiful, nearly private lake.
- Safety is one of our top priorities!
- Give back to the community—service hours offered.
- HLRC offers financial assistance. Please contact the club for more info.

Space is limited. Reserve your spot online today!

## Learn to Row

**Who.....** Beginners, ages 12 and up (any fitness level)

**What....** Fun summer rowing classes that teach basic rowing fundamentals on the water and increase general cardiovascular and strength conditioning

**When....** Week-long camps from 9:15 AM - 11:15 AM, June 11-15, June 18-22, June 25-29, July 9-14, August 6-10, and August 13-17 (Monday - Friday)

**Cost.....** \$60 per week

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Experienced rowers looking for summer training should contact *Coach Richie*: [harveyslakerowingclub@gmail.com](mailto:harveyslakerowingclub@gmail.com)

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To inquire about adult rowing sessions, contact *Coach Richie*: [harveyslakerowingclub@gmail.com](mailto:harveyslakerowingclub@gmail.com)