

# Learn-to-Row Mini-Camps

Youth Learn-to-Row mini-camps will run weekly, Monday thru Thursday with 4 sessions for 4 hours each. This is an introductory program for those who have not rowed before and will focus on the basics of sculling. You will learn everything you need to get started in the sport of rowing. This includes boat handling skills, rowing terminology, safety and how to scull. We can accommodate 12 rowers at a time and need at least 4 to make a class. Each boat of 4 rowers will have their own coach. That way each rower will get a lot of attention unlike other learn to row programs using 8's. If less than 4 sign up we may ask if you can pick another class. We will hold classes on the dates listed below.

## Classes are Monday through Thursday from 10:00 AM to 2:00 PM

Class I	June 21 to June 24
Class II	July 26 to July 29
Class III	August 23 to August 26
Class IV	August 30 to September 2

**We need a minimum of 4 students to hold a class.**

If you have a group of 4 rowers who want to sign up together let us know so we can try to schedule them together for the same time.

## General Notes on Learn-to-Row Classes

If you have a group of 4 rowers and want to schedule a time other than those listed please contact Joe Sullivan directly

Individual private lessons are also available and will be scheduled with an instructor on an individual basis.

If interested contact SJRC Head Coach Joe Sullivan. To speak with Coach Joe you can phone him at 856-912-1002 or by e-mail at [sjrcoachjoe@comcast.net](mailto:sjrcoachjoe@comcast.net).

Please fill out the application form on our website, [www.southjerseyrowing.org](http://www.southjerseyrowing.org) and check off the appropriate box for which program you wish to enter as well the appropriate time slot. Return the filled out application with your check made payable to Sullivan Rowing LLC to:

**Cost: \$350.00**

**Registration forms due by June 1 all payments by June 14  
(if in need of a payment plan please contact Joe Sullivan at [sjrcoachjoe@comcast.net](mailto:sjrcoachjoe@comcast.net))**

**South Jersey Rowing Club  
P.O. Box 442,  
Mount Laurel, NJ 08054**