



## YOUTH ROWING

Spend your summer on the water and learn the ultimate team sport! Discover a fun, competitive, low-impact way to get strong, cross-train, develop stronger focus, and build new friendships with athletes across the Twin Cities. For those new to the sport, our supportive, experienced coaches will teach you to row, scull, and race on our beautiful stretch of the Mississippi River.

We offer programs for middle school and high school students.

### **Kids in the Boat - Middle School Program** (6-Week Summer Camp)

Learn the basics of rowing in a safe and stable rowing barge. Our experienced coaches and high school rowing mentors will introduce you to the rowing stroke. You'll learn the importance of teamwork and focus in a fun, relaxed atmosphere.

### **Junior Rowing - High School Program** (Weekend, Seasonal, or Private Lessons)

We welcome seasoned or brand-new athletes who have completed the 8th grade through those entering the summer after senior year. Join for a private lesson, a two session learn-to-row camp, or train and compete with us for the spring, summer, and/or fall season.

All rowers must know how to swim, should be able to tread water for 10 minutes, and lift 30lbs.

For pricing and schedules visit: [minneapolisrowing.org](http://minneapolisrowing.org)  
Email us for more information: [juniors@minneapolisrowing.org](mailto:juniors@minneapolisrowing.org)



**MINNEAPOLIS ROWING CLUB**