



INTRO TO ROWING

Monday, July 15th, Tuesday, July 16th &
Wednesday, July 17th

(Rain Date July 18th 5:30pm-7:30pm)

5:30 pm - 7:30 pm

Bubbling Springs Park
1468 Macopin Road
West Milford, NJ

\$100
AGES 11-19
Per Person

Our Intro to Rowing classes will take place over a 2-hour period. The first hour will be made up of land exercises and the second hour of on-the-water exercises.

Two of the 2023 Intro to Rowing participants went on to place Bronze at The Winter Watt Farm Race in Lyndhurst, NJ!

Coach Oksana Tsimbalova has over 30 years of US and International experience. Coach Oksana has coached rowers in prestigious international sporting events such as The Olympics and The Asian Games.



All participants **MUST** be able to swim

All children 16 & Under **MUST** have parent/guardian remain at program

How to register:

Go online to www.westmilford.org, click on "Community Services and Recreation", then click on "REGISTER HERE FOR PROGRAMS", Look for "2024 SUMMER Programs".

For assistance call the Recreation Office at 973-728-2860 Monday - Friday from 8:30am - 4:30pm.



WEST MILFORD



COMMUNITY SERVICES & RECREATION