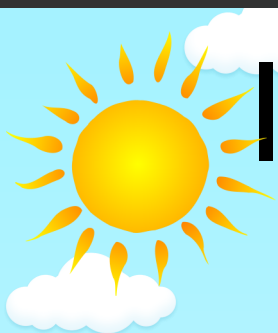




Advanced Community Rowing Association



INTRO TO ROWING

Mon June 5th & Tues June 6th

OR

Mon June 12th & Tues June 13th

5:00 pm – 6:00 pm

Bubbling Springs Park

1468 Macopin Road

West Milford, NJ

AGES 11-19



Our Intro to Rowing classes will take place over 2 days. Each day will be made up of 1/2 hour of land exercises and 1/2 hour of on-the-water exercises. These exercises will help you learn the basic rowing stroke, get you familiarity with the boat, and set you on the right path to joining a rowing team!

Rowing is a pathway to get you outdoors and around energetic people! Numerous elite & Ivy League universities have a rowing program! Although rowing is a full-body workout, it is low-impact, making it great for rehab and will help you get in the best shape of your life!

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.

Price: \$100 per person (per 2 day session)



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 "2023 SUMMER Programs".

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



WEST MILFORD



COMMUNITY SERVICES & RECREATION