



YOUTH LEARN TO ROW

Summer Program

The Youth Learn to Row is a fantastic introduction to the Upper Arlington Crew program and is open to boys and girls, ages 11-14. Participants will learn the basics of Sweep Rowing (using one 15-foot-long oar), oar mechanics on the water, safety on the water, rowing's unique language, how to "set" a boat, proper launching techniques, and the dynamics of the rowing stroke.

CHOOSE (1) Two-Week Session

Session One

June 6th to June 23rd from 8:00 AM till 10:00 AM

Session Two

June 6th to June 23rd from 5:30 PM till 7:30 PM

Session Three

June 27th to July 14th from 8:00 AM till 10:00 AM

REGISTRATION IS NOW OPEN

Visit the **UA Parks and Recreation** website and click [HERE](#) to register for this summer session!



This activity is not sponsored by the Upper Arlington City School District

No Rowing
Experience
Necessary

Summer Row is open
to all incoming 7th,
8th & 9th Graders

You Do Not Need to
be a UA Student to
Enroll

Must Pass a Swim
Test in Order to
Participate

*The Swim Test consists of
swimming 50 meters,
treading water for 15
minutes, and putting on a
life vest while in the
water.*

For any questions,
please contact
Coach Wuebker
at
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