



• P U S H H A R D • R O W F A S T • H A V E F U N •

NO ROWING EXPERIENCE NEEDED

OPEN TO HIGH SCHOOL STUDENTS, AGES 14 AND UP

Winter Training

Northampton Community Rowing is offering two Youth Winter Training Sessions in the afternoons on Mondays, Wednesdays and Fridays from 4:30-6pm starting November 11. We have a new gym space on Damon Rd which allows us to offer strength and conditioning to athletes throughout the winter. This is open to all athletes who want a winter training program, not just for rowers! Join us and stay strong for your spring sport!

Build skills and confidence
Meet new people and make friends
Be part of a supportive community
Train with experienced coaches

Session I: NOV. 11- JAN 17
Session II: JAN 20- MAR 14

www.northamptoncommunityrowing.org for our schedule and fees

Questions? Email: youthinfo@hampcrew.com