



OLYMPIC ROWING

Sat. Apr. 20, 9-10:30 am or 10:30 am-12 pm
Dryland clinic at TCC Fitness Studio

Sat. May 4, between 8 am & 12 pm
Shumway Lake

(Coaches will be in touch for dryland clinic times. On May 4, each participant will have a 1-hour semi-private lesson on the water.)

\$25

Join us for an introduction to Olympic rowing. You will learn basic techniques in a dryland environment with rowing machines on April 20 and participate in an on-water session at Shumway Lake Water Sports Facility on May 4.



In partnership with the
Kamloops Rowing Club.
www.KamloopsRowing.com

Participants must
be 15 years or
older and able to
confidently swim
50 m.

To register, call 250-828-3500, or visit:

Kamloops.ca/PerfectMind

