

McKeel Academy of Technology

Rowing Club

NO
EXPERIENCE
NEEDED

Want to try a new sport?

LEARN TO ROW

MONDAYS

JULY 8, 15

8AM-10AM

CARDIO PORTABLE @ MAT

WEDNESDAYS

JULY 10, 17

8AM-10AM

LAKE CRAGO



GRADES 7-12

All participants must be able to swim. All rowers must provide their own transportation to and from Lake Crago.



Contact Mrs. Gingras or Mrs. Mudge for more information

kacigingras@mckeelschools.com angiemudge@mckeelschools.com