

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  
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