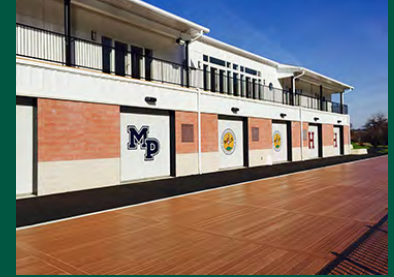


# CONSHOHOCKEN ROWING CENTER



Executive Director: Craig Hoffman Program Director: Jonathan Stephanik

## YOUTH SUMMER CAMPS



CRC will be offering 3 separate week long rowing camps and improvement sessions through out the summer. The sessions will be for all experience levels. Each week long session will focus on improving technique, learning new training methods, and proper nutrition needed to be successful in the sport of rowing.

We will be working both on the water and on land. Throughout each week long session there will be one-on-one technique evaluations with the group coach.

The Learn-to-Row programs are open to ages 10 and up.

Sessions will run from 12:30 to 3:00 during the specified dates.

### Summer 2017 Session Dates

#### Session 1

June 12 to June 16

#### Session 2

July 10 to July 14

#### Session 3

July 31 to August 4

Each session will be divided into smaller groups based on age and experience.

All CRC programs promote learning, teamwork, and training in a fun atmosphere.

Each session is \$375 for Non Conshohocken Borough residents and \$125 for Conshohocken Residents. This fee covers facility usage, operating costs, and insurance. All rowers will be given a t-shirt for participating in each session.

*For additional information and application please visit [www.conshohockenroeingcenter.org](http://www.conshohockenroeingcenter.org) or reach out to Coach Stephanik.*

#### Boathouse Address:

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