



Philadelphia City Rowing

Introduction to Rowing

MIDDLE SCHOOL PROGRAM-7th & 8th Graders

Philadelphia City Rowing is an entirely **free**, youth rowing program. PCR is offering an 8-week Middle School Program starting **September 19th and ending November 14th**



Please visit www.philadelphiacityrowing.org

To complete an online application

For questions, email sarah@philadelphiacityrowing.org

WHY ROW?

- Meet new people
- Get in shape
- Learn how to swim
- Learn how to work as a team
- Learn skills for life, such as self-confidence leadership, and being active all while having fun.
- Learn about healthy foods and the basics of healthy eating and nutrition
- Learn about the importance of academic achievement
- Participate in fun-filled activities and games

Program Information

The Program will meet at Lloyd Hall, #1 Boathouse Row on M-W- Sat TIME: M-W 4:30-6:30PM & Sat 11am-1pm

If participants pass the swim test, they will attend regular practices. If they need swim lessons they will be held Temple University-McGonigle Hall on the corner of Broad and Montgomery Aves.

TIME & DATE: TBD

*Enrollment is limited and we ask that participants make a commitment to attend all sessions.

Preference for students receiving Free or Discounted Lunches

Staff

The staff of Philadelphia City Rowing is energetic, resourceful, and team-oriented. Each member of the staff is handpicked to bring about the best in each student athlete, both as rowers and as people.

With the long tradition of rowing in the city of Philadelphia, there is an abundance of collegiate and elite rowers to help fill out our staff. Each member of our staff is well qualified in the instruction of rowing as well as fostering skills for life.

