



2017 SPRING/SUMMER CAMPS

DROP-IN SATURDAY CLASSES:

WHAT: COME 1 OR BOTH DAYS TO OUR “ON THE WATER” CLASSROOM! OUR WORLD CLASS COACHES WILL HELP REINFORCE THE LESSONS YOU LEARNED DURING OUR SPRING BREAK LEARN TO ROW, OR INTRODUCE YOU TO THE SPORT IF THIS IS YOUR FIRST TIME.

WHEN: SATURDAY, APRIL 15 AND SATURDAY, APRIL 22

TIME: 10:00AM – 12:00 NOON

COST: \$15/CLASS

SUMMER COMPETITIVE TRAINING CAMP:

WHAT: THIS CAMP IS DESIGNED FOR THOSE NEW TO THE SPORT WHO REALLY WANT TO KNOW WHAT IT’S ALL ABOUT! FOCUS WILL BE ON TEACHING AND REFINING ROWING TECHNIQUE AND BUILDING ENDURANCE, THE ROWERS IN THIS CAMP WILL HAVE THE OPPORTUNITY TO COMPETE AGAINST OTHER “NOVICE” ROWERS AT THE HALIFAX REGATTA IN DAYTONA BEACH, AND AT THE SUNSHINE STATE GAMES IN SARASOTA.

WHEN: MONDAY, MAY 29 – SATURDAY, JULY 29

TIME: MON – FRI 7:30AM – 9:30AM AND SAT 8:00AM – 10:00AM

COST: \$400 (PLUS REGATTA FEES AND TRAVEL AND LODGING IF COMPETING)

LEARN TO ROW CAMP:

WHAT: WOULD YOU JUST LIKE TO SPEND SOME TIME ROWING ON THE WATER AND DEEPENING YOUR KNOWLEDGE OF THE SPORT? THESE WEEK LONG CAMPS ARE DESIGNED TO FOCUS ON FUN, FITNESS AND TEAMWORK WHILE PRIORITIZING SAFETY ON THE WATER. CAMPERS WILL LEARN BASIC ROWING TECHNIQUES AND TECHNICAL SKILLS BOTH ON AND OFF THE WATER. JOIN US FOR 1,2,3 OR ALL 4 SESSIONS. NO EXPERIENCE IS NECESSARY!

WHEN: SESSION 1: MONDAY, JUNE 26 – FRIDAY, JUNE 30

SESSION 2: MONDAY, JULY 17 – FRIDAY, JULY 21

SESSION 3: MONDAY, JULY 24 – FRIDAY, JULY 28

SESSION 4: MONDAY, AUG 7 – FRIDAY, AUG 11

TIME: 9:00AM – 12:30PM

COST: \$150/SESSION OR \$275 FOR 2 SESSIONS, \$400 FOR 3 SESSIONS, \$525 FOR 4 SESSIONS

TO REGISTER CALL (888)HIPPO-14

OR TEXT (772)475-8128

