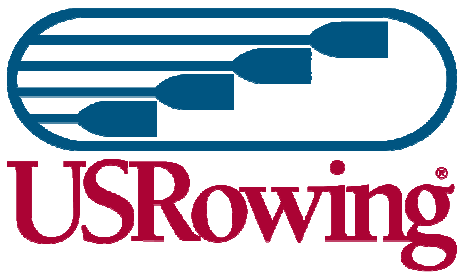


ROWING

Row with us at the Merrimac River Rowing Association

A proud member of USRowing



Never Rowed? No Experience necessary! June/July Beginner Programs: **Learn-To-Scull**

Thu 5:30pm/Sat 8am. Individual and team rowing; singles, doubles, quads.

Learn-To-Sweep

Mon/Wed 5:30pm. Team-oriented boats;

Experienced? Many sculling and sweep options from Rec to Elite, teen to senior.

Sculling. All summer; your schedule or advanced morning coached sessions. All levels, from Recreational to Racing.

Masters Sweep. Fours and eights; men/women/mixed; coached sessions geared to fall racing.

Open Sweep. Aggressive racing and training all year round. Ex-collegiate men and women tuned for elite competition at regional, national and international regattas.

High School. Junior Sweep Camp, June and July, Tue/Wed/Thu mornings for three weeks.

We row at the

UMass/Lowell Bellegarde Boathouse
500 Pawtucketville Blvd, Lowell, MA

For more information visit www.merrimackrowing.org