

# Seminole County Rowing

*Where the Love of Rowing Begins*

## Registration Form

We are offering 3 different sessions. Sign up for as many as you like. If you decide to sign up for all 3 you will **receive 1 week free!**

Each session is \$200; to receive the free week you must sign up for all 3 sessions. Payment is due by the Wednesday before the session starts.

Camp runs Monday-Thursday from 8:30AM-11:30PM (circle session(s) attending)

- Session 1: June 18-28
- Session 2: July 9-19
- Session 3: July 23-Aug 2

Rower's Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Grade Entering: \_\_\_\_\_

School Attending: \_\_\_\_\_

Checks can be made to Lyman Rowing Association and mailed with registration form to our Winter Springs address. Credit payments taken by calling 407-221-2536

### Contact Us

Seminole County Rowing  
c/o Lyman Rowing Association  
5703 Red Bug Lake Road, Suite 156  
Winter Springs, FL 32708  
321-217-8060  
lymanrowingpresident@gmail.com  
www.lymancrew.org

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Seminole County Rowing is made up of middle school students from throughout Seminole County. The SCR **Learn to Row Summer Camp** offers rising 6<sup>th</sup>-8<sup>th</sup> graders an orientation to sweep rowing equipment, demonstration of basic rowing stroke, rowing terms, boat handling and safety, and ergometer techniques. The goal of the introductory program is to introduce rowing to middle school students, develop a solid foundation in preparation for our middle school rowing program, and of course to HAVE FUN.

We are a subsidiary of Lyman Rowing Association.

## Learn to Row Summer Camp

Ready to try something new? Tired of the same old sports? Want to be part of an Olympic sport? Why not give rowing a chance? It's time to have fun and get fit. What are you waiting for, sign up **TODAY!**



### **WHAT TO WEAR/BRING:**

Spandex shorts, t-shirt, athletic shoes, socks, sunscreen, sunglasses, hat, reusable water bottle.

Our boatyard is in a residential area at 6058 Una Drive, Sanford, FL. Please be sure you are using caution while driving.