

Lyman's **Learn to Row Summer Camp** offers participants 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 develop a solid foundation in preparation for the **high school** Freshmen/Novice Sweep Program or our **middle school** program. Upon completion of the Learn to Row program new rowers will have a solid foundation to continue fine tuning their skills as part of the Lyman Rowing Association, whether it is with our high school program which is a club sport of Lyman High School or our middle school program, Seminole County Rowing.

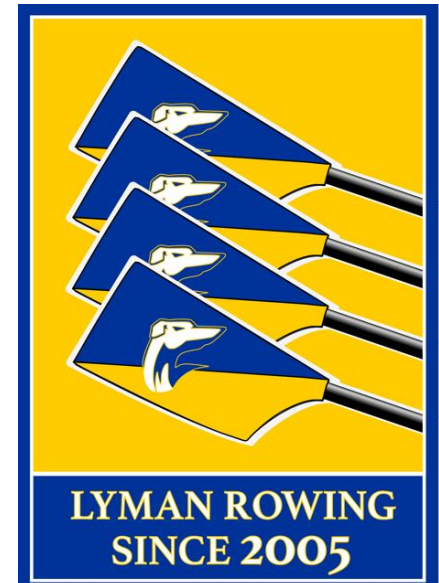


Lyman Rowing Association  
5703 Red Bug Lake Road, Suite 156  
Winter Springs, FL 32708

# Learn to Row with Lyman Rowing Association



Ready to try something new?  
Why not give rowing a chance?  
Have fun and get fit while making  
lifelong friends.





## Sign Up Today

There is no experience necessary. Students will learn everything they need to know to become a great rower. All that is needed is the desire to try something new. **NOW ACCEPTING 4<sup>th</sup> & 5<sup>th</sup> GRADE STUDENTS as well as middle school and high school.**



# LYMAN ROWING

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.



## Contact Us

Lyman Rowing Association  
5703 Red Bug Lake Rd, Suite 156  
Winter Springs, FL 32708  
321-217-8060  
lymanrowingpresident@gmail.com  
www.lymancrew.org

## Registration Form

We are offering 2 different sessions. If you decide to sign up for both sessions, you will **receive a 25% discount on your second session.**

## Sessions:

Each session is \$200. Payment is due when registering.

Camp runs Monday-Thursday from 8:30AM-11:30AM

- Session 1: June 17-27
- Session 2: July 8-19

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

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

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

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

Grade Entering 2019-2020: \_\_\_\_\_

Checks can be made to Lyman Rowing Association and mailed with registration form to our Winter Springs address. Payment through Paypal can be made on our website: [www.lymancrew.org](http://www.lymancrew.org).