

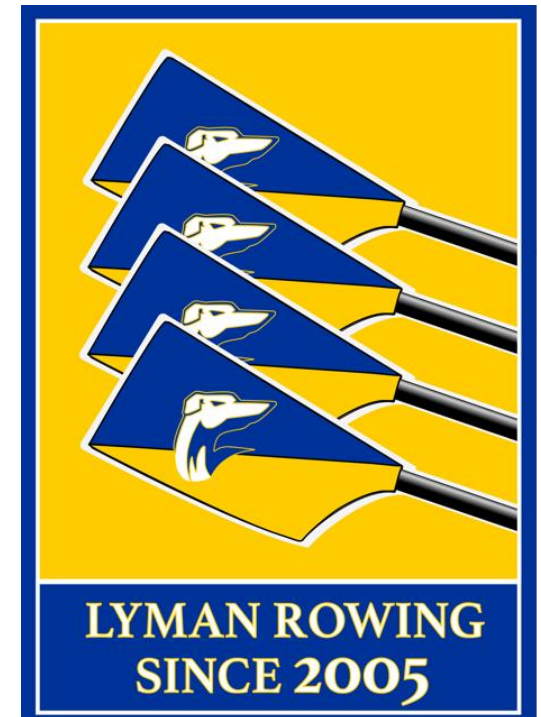
Lyman's **Learn to Row Summer Camp** offers participants an orientation to sweep rowing equipment, demonstration of basic rowing stroke, rowing terms, boat handling and safety, and ergometer techniques. The goal of the introductory program is to develop a solid foundation in preparation for the Freshmen/Novice Sweep 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 where they can further their training and rowing technique development as well as be a part of a club sport of Lyman High School.



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 as you are heading to high school? 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 you need is the desire to try something new.



LYMAN ROWING

WHAT TO WEAR/BRING: Spandex shorts, t-shirt, athletic shoes, socks, sunscreen, sunglasses, hat, reusable water bottle.

Our boatyard is located 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 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!**

Sessions:

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 8:30AMa-11:30PM

- 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: _____

Checks can be made to Lyman Rowing Association and mailed with registration form to LRA, 5703 Red Bug Lake Rd, Suite 156, Winter Springs, FL 32708