



LAKELAND ROWING CLUB

DEVELOPMENT

CAMP

VERMILION, AB

JULY 16 & 17, 2016

OPEN TO YOUTH AND ADULTS ROWERS
NOVICE AND EXPERIENCED
MUST HAVE COMPLETED LEARN TO ROW PROGRAM

4 SESSIONS OF ROWING VIDEO REVIEW
ONE-ON-ONE TRAINING BBQ SOCIAL



MESSAGE US ON FACEBOOK TO REGISTER FOR THIS EVENT

WWW.FACEBOOK.COM/LAKELANDROWING

