



## NAVESINK RIVER ROWING YOUTH PROGRAM 2025 SCHEDULE

### NOVICE YOUTH PROGRAM

Novice rowers are introduced to sculling and the basics of handling and safely operating rowing equipment both on and off the water. They learn the fundamentals of blade work, body positioning and control to lay the foundation for a solid sculling stroke.

**5 mornings a week for 2 weeks ~ Offered 3 times per summer.**

**Meets Monday through Friday - Times as noted -- Price: \$375**

\_\_\_ June 23-July 3 (8:00-9:45AM) \_\_\_ June 23-July 3 (10:15AM-12PM) \_\_\_ July 7-18 (10:15AM-12PM)

### INTERMEDIATE YOUTH PROGRAM

Intermediate is the next step for boys and girls 14-18 who have completed a NRR Novice Youth program or taken another beginner program with a minimum of 6 sessions on the water or done some sweep rowing and been evaluated by a NRR coach. Youth improve sculling skill, develop "boat feel" and work together to replicate a solid stroke, adding pressure and power to make boats accelerate.

**5 days a week for 2 weeks ~ Offered 2 times this summer**

**Meets Monday through Friday 8:00-9:45 AM**

**Price: One session \$300; two sessions-\$500**

\_\_\_ July 7-18 \_\_\_ July 21-August 1 (Enroll in one or both sessions)

### ADVANCED (RACING)

**5 days a week for 3 weeks and ending at a major regatta~ Offered 3 times this summer**

**Meets Monday through Friday 5:45-7:30 AM\*\*\***

**Price: One session \$445; two-\$750; three-\$975**

\_\_\_ June 9-June 27 \_\_\_ June 30-July 18 \_\_\_ July 21-August 8

\*\*\* Note Session 1 times will be - **4:00 – 6:00 PM** the first week only

### 8<sup>th</sup> GRADE INTRO TO ROWING PROGRAM

An introductory course for boys and girls entering 8<sup>th</sup> grade in the fall; includes both land and water sessions with an emphasis on fun and learning - rather than high performance workouts or competition. Using a hands-on approach, the program covers the basics of the rowing stroke, rowing terminology, boat handling, and care of the equipment.

**5 days a week for 2 weeks ~ Offered 1 time this summer \_\_\_ July 21-August 1**

**Meets Monday through Friday 10:15 AM to Noon -- Price: \$375**

Questions, please contact:

NRR Operations Manager

Email: [nrroperations@gmail.com](mailto:nrroperations@gmail.com) or call: (732) 391-4816

Register for programs on [RegattaCentral.com](http://RegattaCentral.com)