

# Rochester Rowing Club



## Rowing offers:

- **VARSITY LETTERS**  
Earn a letter from your high school in one of the most challenging sports.
- **COLLEGE SCHOLARSHIPS**  
There are more scholarships for women's rowing than any other sport
- **INTERNATIONAL COMPETITION**  
Rowers from Rochester have competed and won all over the US, Canada and even the Royal English Henley Regatta
- **FRIENDSHIP AND FUN**  
The friendships you make while rowing will last the rest of your life.

**New Juniors (12-18) every Wednesday**  
5:15 AM or 3:30 PM  
Silver Lake Boathouse (Behind the fire station)

New members are welcome to try rowing every Wednesday during September and October. If you would like to try a new sport that will challenge you and reward your hard work, come and check us out. Bring a friend, dress in athletic clothes and come on down.

Training for a different sport? Rowing will strengthen your legs, build your core muscles and improve your aerobic capacity and coordination.

Adults interested in rowing, please contact Irada at: [rochester.rowing@yahoo.com](mailto:rochester.rowing@yahoo.com)