



Sweeps & Sculls Indoor Rowing Center  
at Crossfit Wauconda  
31632 N Ellis Dr. Unit 303, Volo



# Winter Rowing

*Junior High & High School Students...*  
**Winter Rowing Starts Soon**  
**BE A PART OF IT!**

- *Try a new sport*
- *Meet new friends*
- *Great sport for boys and girls*
- *Excellent low impact exercise*
- *Fantastic cross-training for other sports*
- *Competitive racing*
- *Hands-on learning in indoor rowing tanks*



SWEEPS & SCULLS  
ROWING

## Practice Schedule:

T/W/Th: 6:30-8p

Sa: 7:30-9a

December 2 - March 22

## Want to learn more?

Contact Coach Sue if you would like to try a practice. No obligation.

## Registration & Information:

(815) 693-3734

[info@sweepsandsculls.org](mailto:info@sweepsandsculls.org)

[www.sweepsandsculls.org](http://www.sweepsandsculls.org)

In partnership with the Wauconda Park District.  
Sweeps & Sculls is a not-for-profit organization.