



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*



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

www.sweepsandsculls.org

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