

RUMSON CREW

"LEARN TO ROW"

SUMMER CAMP PROGRAM 2010

(RUMSON & FAIR HAVEN RESIDENTS)

Approved by Rumson Recreation

Rumson Crew will be conducting learn to row camps for students currently in 6th, 7th, and 8th grades (You must be at least 12 years old at the time of the camp session). Two, one-week sessions will be available for the weeks of July 12 and July 19.

During this five-day program, which will be held at Victory Park in Rumson, campers will learn the fundamentals of proper stroke technique, safe conditioning practices, and rowing safety. Campers will learn proper rowing terminology and proper equipment handling. The hands-on program will allow students to row in the instructional barge by week's end.

The times are the following: the week of July 12 two sessions: 8:30-10:00 and 10:30-12:00 and July 19, 8:30-10:00 and 10:30-12:00.

Please check your preference of week and time.

July 12 8:30-10:00 10:30-12:00

July 19 8:30-10:00 10:30-12:00

All campers are required to bring their own snack and water bottle, sunscreen and wear sport sunglasses with hat and spandex shorts. All campers must be able to pass a swim test for swim competency.

The cost of the program is \$100.00 for each week.

There will be a limit on the number of rowers for each session, therefore, registration will be on a first come first serve basis.

For more information contact

John Hird, Director of Rumson Recreation at (732) 842-3300 or e-mail: jhird@rumsonnj.gov

Name _____ Current Grade _____ Age _____
(2009-2010 School Year)

Address _____ Town _____

Telephone _____ Cell # _____

Emergency Contact _____

E-Mail _____

Does your child have any allergies or physical conditions that we need to know about in the event of an emergency?

Parent Signature _____

All forms must be returned to the Rumson Borough Hall, 80 East River Road, Rumson NJ 07760 no latter than June 4th, 2010.

Please register ASAP - First come first serve. After the sessions are full, students will be placed on a wait list.

Sponsored by Rumson Recreation

- NO REFUNDS -

Fee: \$100.00 per week.

All checks payable to Rumson Recreation