



Rowing Summer Camp



Top rowers from each summer camp will be invited back for a free weekend camp at the end of the summer



TRY ROWING

June - August 2011
Age 11 to 18 years

Castleconnell Boat Club

Book early - places limited to 10 per class

www.castleconnellbc.ie



Castleconnell Boat Club's **Try Rowing** camp is designed for boys and girls aged 11 to 18 who wish to learn how to row or improve their technique. Emphasis is on fun in the open air, exercise, team work, making new friends and simply experiencing the joy of rowing.

If you've never rowed on the water, we encourage you to give it a try! The exhilaration of feeling the boat move under your own power is well worth it. Each week long rowing camp will be run in the picturesque surroundings of Castleconnell Village.

Swimming competency is required

Please bring a change of clothes, sun cream, swim suit, towel, baseball hat and water

The camp will run weekly from Monday to Friday

Two sessions are offered each day, choose morning sessions from 10am to 1pm OR afternoon sessions from 2pm to 5pm

**Early booking is advised
as places are limited to 10 per class**

Please post completed booking form together with payment of **€75** per week (payable to **Castleconnell Boat Club**):

Maureen Meleady
Oak Lane
Castleconnell
Co. Limerick

email: secboatclub@gmail.com
phone: 086 3166036 (Mon-Fri 9am-5.30pm only)

Week Beginning	Morning 10am - 1pm	OR	Afternoon 2pm - 5pm
June 13th			
June 20th			
June 27th			
July 4th			
July 11th			
July 18th			
July 25th			
August 8th			
August 15th			
August 22nd			

Please indicate 1st & 2nd preference of date & session

Rowers name: _____

Age: _____ School: _____

Rowing experience if any: _____

Any medical condition we should be aware of:

Parent's name: _____

Home phone: _____ Mobile: _____

Parent's email address for booking confirmation:

Address: _____

Parent's signature: _____