

# row with **ZLAC JUNIORS**



## LEARN TO ROW

Get started by signing up for an upcoming camp!

June 24-27

July 22-25

Aug 5-8

All camps are Mon-Thurs

3:30- 6:30 pm

\$200 registration fee per 4-day camp

## WANT A SPORT THAT IS MORE THAN JUST TRAINING AND COMPETITION?

Join ZLAC Juniors and learn about rowing science and physiology, boat rigging and the benefits of sport to physical and mental health. Teach others how to row, develop your own special interest project and get involved in community outreach.

AND you'll still get to train and compete!

### MONTHLY FEES\*

\$340 members  
\$415 prospective members

### PRACTICES

4:15-6:30 pm Mon-Thurs  
6:00-8:30 am Saturdays

### COMPETITION

Local and regional travel regattas and scrimmages



[ZLAC.ORG/JUNIORS-PROGRAM](https://ZLAC.ORG/JUNIORS-PROGRAM)

@zlacjuniors

ZLAC Juniors is open to ALL girls in grades 8-12. Prospective members who row with ZLAC for one season are eligible for membership. Registration is open year-round.

*\*Monthly fees include the costs of competition and team travel. Financial assistance is available.*