



COME ROW THE WILLAMETTE WITH US!



ROWING PROGRAMS FOR EVERYONE!

www.LORowing.com



YOUTH 11-18

MS-Novice-Varsity

For experienced rowers or those with zero rowing experience. Open to all adults 18+, come learn to row, compete, and achieve your fitness goals!

Spring: March - June

Summer: July - August

Fall: September - November

Winter: December - February

ADULT 18-99

Learn-to-Row/Erg

For new rowers and those who've been away from the sport! Lessons twice a week on weekdays or weekends. On the water April - October. Indoors December-March.

Masters Rowing

For experienced rowers or those who have successfully completed Learn-to-Row. We are a diverse group of competitive and recreational rowers!

COLLEGE 18+

Collegiate Rowing

For experienced rowers or those with zero rowing experience. Open to all university students, come learn to row and compete!

Spring: March - June

Summer: July - August

Fall: September - November

Winter: January - February

* There are a limited number of rowing scholarships available, contact info@lorowing.com for eligibility and availability!

