

2024-25 JUNIOR PROGRAMS

Tier One: Private Lessons

Learn the basics of the rowing stroke, create foundations of safe equipment handling, marina navigation

Lessons are 90 minutes and are scheduled per instructor availability

- Member Price: \$120
- Five Pack Member Price: \$550
- Non-Member Price: \$150
- Five Pack Non-Member Price: \$700

Tier Two: Recreational Team

A non-competitive squad for those looking to continue rowing and work in a team setting and for those who wish to row, but don't have the flexibility in their schedule to attend practices more consistently. Practices are held on Saturdays and Sundays 9-11 AM. Rowers may choose to attend 1 or 2 days per week (Saturday or Sunday or both).

- Member Price (One Day): \$760
- Member Price (Two Day): \$1,140
- Non-Member Price (One Day): \$950
- Non-Member Price (Two Day): \$1,425

Tier Three: Competitive Preparation

A non-racing squad for athletes looking to up their intensity in preparation to join the Racing Team. Practices focus on honing in on the water skills with additional focus on erging and functional movement. Practices are held on Saturdays and Sundays 9-11 AM and Mondays 4:15-6:30 PM. 1-2 assigned workouts weekly, done on one's own. To progress to the racing squad, consistency in attendance and intensity must be shown.

- Member Price: \$1,440
- Non-Member Price: \$1,800

Tier Four: Race Team

First time racers focus on learning the foundations of racing skills. Practices are held Tuesdays, Wednesdays, Thursdays 4:15-6:30 PM and Saturdays, Sundays 6:30-9 AM. 1-2 additional "on your own" assigned workouts per week. Competing in 1-2 weekend regattas in the fall and 3-6 regattas in the spring depending on attendance, crew selections, and bid qualifications.

- Member Price: \$2,220
- Junior Member Price: \$2,475

Tier Five: Race Team

Competitive Team focused on competing at the highest level nationally. Most athletes in this group continue their rowing careers in college. Practices are held Tuesdays, Wednesdays, Thursdays 4:15-6:30 PM and Saturdays, Sundays 6:30-9 AM 2-3 additional "on your own" assigned workouts per week. Competing in 3-4 fall regattas and 3-6 spring regattas, depending on attendance, crew selections, and bid qualifications.

- Member Price: \$2,220
- Junior Member Price: \$2,475

For more information and to join us on the water, please contact us at rowing@calyachtclub.com.