



Advanced Community Rowing Association



INTRO TO ROWING

Monday, June 23rd, Tuesday, June 24th &
Wednesday, June 25th

(Rain Date June 26th 5:30pm-7:00pm)

5:30 pm - 7:00 pm

Bubbling Springs Park
1468 Macopin Road
West Milford, NJ



Our Intro to Rowing classes will take place over an hour and a half period. The first half will be made up of land exercises and the second half of on-the-water exercises.

Two of the 2023 Intro to Rowing participants went on to place Bronze at The Winter Watt Farm Race in Lyndhurst, NJ!

Coach Oksana Tsimbalova has over 30 years of US and International experience. Coach Oksana has coached rowers in prestigious international sporting events such as The Olympics and The Asian Games.

All participants MUST be able to swim

All children 16 & Under MUST have parent/guardian remain at program

How to register:

Go online to www.westmilford.org, click on "Community Services and Recreation", then click on "REGISTER HERE FOR PROGRAMS", Look for "2025 SUMMER Programs".

For assistance call the Recreation Office at 973-728-2860 Monday - Friday from 8:30am - 4:30pm.



COMMUNITY SERVICES & RECREATION

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