

**NOVICE ROWERS**  
**FALL LEARN-TO-ROW PROGRAM**  
**SANDY RUN**

**Program Overview:** The Fairfax County Sculling and Rowing Novice Learn to Row Program is a three-week, multi-school program, designed to teach the basic fundamental elements of the rowing sequence. This program is ideal for high-school-aged students with less than one year of competitive rowing experience.

**Registration Information:** Rowers will pay a one-time fee of \$200 for a 3-week session, which will cover all of the cost associated with the program. Two back-to-back sessions are offered.

**Practice Commitment:** The team will practice Mondays, Wednesdays and Fridays, 4:30 to 6:30 pm.

For more information and to register, please visit the [Fairfax County Sculling & Rowing Novice Learn to Row Program](#) page at the RONIN Racing site.