

# Victoria City Rowing Club's

## • ROWING PROGRAMS •



### Rowing Programs for Adults (Over 19)

Adult Learn-to-Row OR  
Corporate Challenge

Adult Recreational Rowing

Senior's Program (19+)

Master's Program (27+)

### Rowing Programs for Youth (Under 19)

Youth Learn-to-Row OR  
Youth Summer Camps

Youth Recreational Rowing

Junior Competitive Program (U19)

Junior Competitive Program (U19)



VICTORIA CITY  
ROWING CLUB

For more information on Dates & Times  
of these Programs, visit our website at:

[www.vcrc.bc.ca](http://www.vcrc.bc.ca)