

Masters Program

Masters train and row on the water from mid-March through mid-November (weather permitting) and then move into our fully outfitted indoor training facility for the winter.



Winter is comprised of fitness and technical training to include cardiovascular conditioning, flexibility work, yoga for rowers, ergometer instruction, and weight training with both circuit machines and free weights.


During this time the focus is to build each rower's individual strength and ability to perform in both single scull and as part of a larger team boat.

There are about 12 regattas for the masters to compete in throughout the year with the club. We host 1xs, 2xs, 4xs, 4+s, and 8+s, in addition to rowing every day on the Norwalk River.



CONTACT INFORMATION

 **Visit**
MaritimeRowing.net

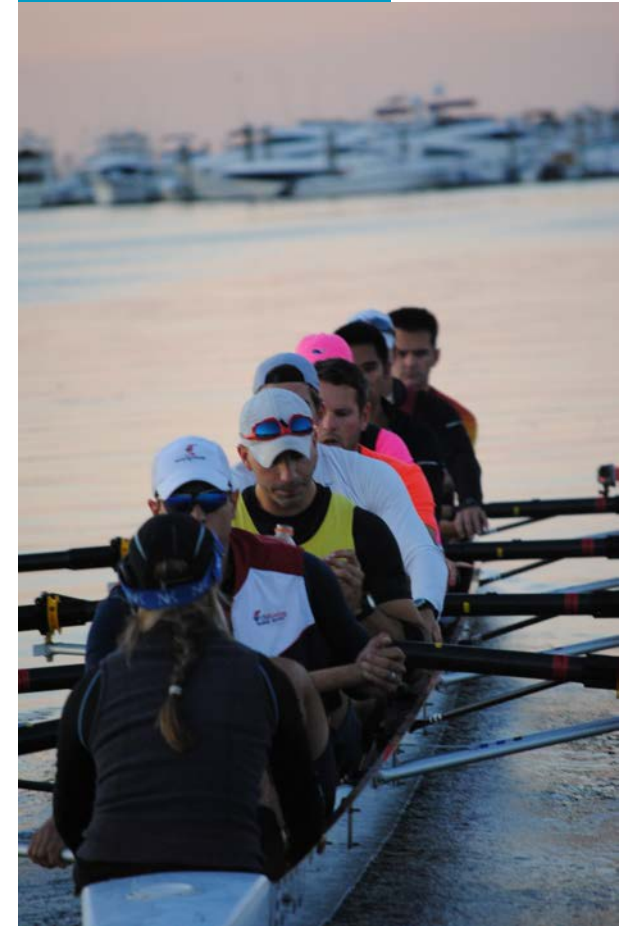
 **Call**
1 (203) 854-5492

 **Email**
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**MARITIME
ROWING CLUB**

EST. 1996



11 Goldstein Place
Norwalk, CT 06855
1 (203) 854-5492

Our Club History

Maritime Rowing Club was founded in 1996 by Yan and Olga Vengerovskiy. Their purpose was simple: to develop a boathouse and rowing program to teach the technical skills of rowing while simultaneously developing a love of the sport in people of all ages.



Now over 17 years old, the Maritime Rowing Club boasts training and hosting over 60 masters, 100 high school rowers and 100 middle school rowers throughout the course of the year.

Maritime Rowing Club has been home to rowing national and international competitors including 2012 Olympic 4-Bronze medalist Charlie Cole and 2013 Under 23 1x World Champion Andrew Campbell. Additionally we send qualified boats to compete in both USRowing Youth and Club Nationals annually.



CLUB PROGRAMS:

Masters • High School • Middle School
Learn-To-Row • Coastal Rowing • Winter Training
Summer Camps • Collegiate Summer

For detailed information on our current programs and schedules please call:

1 (203) 854-5492

or visit us at our website:

MaritimeRowing.net

Learn-To-Row

In the Learn-to-Row program you will learn the basics of rowing in one of three programs:

- Mini course of 4 classes (good for past rowers returning to the sport)
- An Introductory course with 8 classes
- An Advanced course with 8 classes



The course includes rowing technique, setting and rigging a shell, how to launch and dock, water safety and navigation rules for channel rowing. The classes are 1.5 hours each and follow a sequence to ensure you cover all the elements necessary to row and handle a racing shell.

The sessions can be conducted in a group or on a semi-private basis. The course is tailored to each individual and is flexible to meet personal schedules.