



**Are you a para athlete?
Would you like to be?**



The Lasalle Rowing Club has programs from Learn to Row to Adult-Masters and this includes pararowers, both indoor and on the water.

We will be starting a Fall/Winter program for all athletes who are wanting to learn the sport of rowing. Whether it is to keep you in shape for other para sports or to prepare you for on-the-water in the spring, we welcome you to come visit us and **see** whether rowing is for you.

COME-TRY-IT DATES

EVERY WEDNESDAY IN DECEMBER 6-7pm

DEC 1st, 8th, 15th, 22nd - please register first

**LaSalle Rowing Club
1 Laurier Drive - LaSalle, ON
Email lasallerowing1@gmail.com or lasalle para rowing on FB**