

SUMMER CAMPS

SARATOGA SUMMER LEARN-TO-ROW

All sessions are two weeks long, beginning at the end of June from 9 AM to 12 PM, Monday through Friday. Open to incoming 7th graders and above.

SUMMER SCULLING CAMPS

All sessions are five days in length from 8:30 AM to 11:30 AM. Open to new rowers from 9 to 12 years of age.

SUMMER ADULT LEARN-TO-ROW

Open to any one over the age of 22 years. Held in evenings two nights a week. Runs from the beginning of July to the beginning of August.



SARATOGA
ROWING
ASSOCIATION

Saratoga Rowing Association
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SARATOGAROWING.COM



JUNIOR COMPETITIVE PROGRAM

The SRA junior program has over 190 athletes competing throughout the spring, summer and fall with optional winter training. This program is a positive atmosphere where kids are encouraged to grow physically and mentally in order to create a balanced individual. Open to athletes from 7th to 12th grade.

ADAPTIVE PROGRAM

Adaptive rowing is rowing for individuals with physical or intellectual impairments. An adaptive rower is a rower who requires modifications to equipment, coaching, and program structure to allow for maximum functionality of the rowing stroke. An adaptive rower may be a person who has, but is not limited to, autism, limb amputation, joint limitations, blindness, visual impairment, paraplegia, quadriplegia, multiple sclerosis, cerebral palsy, spina bifida, Down syndrome, Post Traumatic Stress Disorder (PTSD), and Traumatic Brain Injury (TBI).

Since no two athletes are the same, our coaches can adapt the sport to each individual's needs by providing fixed seats, chest straps, and pontoons to ensure comfort and stability on the water.



MASTERS PROGRAM

The SRA Masters Program offers adult athletes an opportunity to maintain personal fitness while enjoying the outdoors and socializing with friends. Rowers 22 years old and up are eligible to join.

BEAN'S BABES

If your schedule does not match up with the masters program, join this group for private and semi-private sessions. Sessions are in the early morning, midday, and evenings. A coach is always present.

