



SPRING & SUMMER 2024 ROWING

Register today at www.ntx203.net





Since 2002, New Trier Extension has offered off-season training to New Trier High School rowers. This opportunity has led to numerous medals earned by NTHS rowers and a fast ascent to success at the regional and national levels. The success and popularity of rowing have led to class offerings that enrich the community such as introductory erg classes and camps, 8th-grade clinics, adult erg, and adult on-the-water classes. Adults have come to enjoy the same physical benefits, fun social outlet, and team camaraderie with this ultimate team sport that many of their children have enjoyed. All classes are coached by the successful and experienced NTHS coaching staff that has led its teams to numerous Midwest and Scholastic National Championships over the past 20+ years. Our Summer camps have allowed us to provide paid leadership opportunities to graduating seniors and alumni as assistant coaches. Many NTHS rowing alumni have gone on to successfully compete in rowing at the collegiate level, some even representing Team USA. Some former NTHS rowers are likely to be competing for Team USA Men's and Women's Rowing at the Olympics in Paris this summer. Regardless of their post-high school rowing, many have expressed to coaches that rowing in high school has been the most meaningful part of their high school years and positively impacts them in future endeavors. Most have learned to row during their freshman year. Adults can begin with no prior experience needed.

Ready all? ROW!

Spring Learn to Erg



For students (13 years and over) and adults new to the sport. 500-meter splits, strokes per minute, Power-10's, and leg drive will all be part of the new rowing jargon you learn as part of this class. If you have prior rowing experience, you will be appropriately challenged to maintain proper technique while increasing your physical fitness. You will not be required to row a 2,000-meter test piece, but will learn how to:

- Adjust the ergometer ('erg') properly before rowing
- Row with proper technique so you don't injure yourself
- Apply power most effectively

You'll understand that dipping your hands, shooting your slide, or opening your back early is not desirable; You'll learn that suspending your body weight on the end of the erg is desirable. Wear tighter-fitting shorts (biker-style) and a t-shirt. Bring a water bottle. Space is limited so sign up early! Students must register prior to attending class. No refunds.

Location: NT Northfield B-Commons

241-612 | Thursdays | March 7, 14, 21; April 4, 11, 18, 25; May 2, 9, 16 | 6-7 p.m. | \$200

REGISTER



Intermediate Sculling Summer Camps

This camp is designed for rowers with basic sculling proficiency or those recommended by a rowing coach. Rowers will refine proper sculling technique in racing singles (bring your own if you have one), doubles or quads. Build on your conditioning while learning how to steer better, improve balance and speed, and perfect racing starts. There will be opportunities to learn from video analysis of each sculler and race others in the camp. The skills developed will improve technique and make anyone a better boat mover for sweep rowing. Sculling is a skill that will allow you to row for life!

Location: Dammrich Rowing Center, 3220 Oakton Avenue, Skokie

242-660 | Mon-Fri | June 10-14 | 4-6 p.m. | \$300

[REGISTER](#)

242-661 | Mon-Fri | July 22-26 | 4-6 p.m. | \$300

[REGISTER](#)



Adult On-The-Water Learn To Row



These classes are for adults, women and men, who have no prior experience and want to learn to row in a fun and supportive environment. All classes will be held on the North Shore Channel of the Chicago River. Wear tighter-fitting shorts (biker-style) and a t-shirt and bring a water bottle. Please arrive 15 minutes early to warm up and stretch prior to all classes. No discounts; students should plan to attend all classes. All participants are expected to know how to swim. No refunds. Class minimum enrollment must be met.

No class 6/19, 7/3, and 7/5.

Location: Dammrich Rowing Center, 3220 Oakton Avenue, Skokie

Spring:

241-605 | Wednesdays | April 10, 17, 24; May 1, 8, 15, 22 | 9-11 am | \$280

[REGISTER](#)

241-606 | Fridays | April 5, 12, 19, 26; May 3, 10, 17 | 9-11 am | \$280

[REGISTER](#)

Summer:

242-630 | Wednesdays | June 5, 12, 26 | 8:30-10:30 am | \$120

[REGISTER](#)

242-631 | Fridays | June 7, 14, 21, 28 | 8:30-10:30 am | \$160

[REGISTER](#)

242-632 | Wednesdays | July 10, 17, 24, 31 | 8:30-10:30 am | \$160

[REGISTER](#)

242-633 | Fridays | July 12, 19, 26 | 8:30-10:30 am | \$120

[REGISTER](#)

242-634 | Wednesdays | August 7, 14, 21, 28 | 8:30-10:30 am | \$160

[REGISTER](#)

242-635 | Fridays | August 2, 9, 16, 23, 30 | 8:30-10:30 am | \$200

[REGISTER](#)

Experienced Adults On-The-Water Rowing

These sessions are for women and men rowers with prior on-the-water experience that are seeking a recreational or competitive rowing experience. You will row on the North Shore Channel of the Chicago River. Wear tighter-fitting shorts (biker-style) and a t-shirt and bring a water bottle. Please arrive 15 minutes early to warm up and stretch prior to all classes. All participants are expected to know how to swim.

Location: Dammrich Rowing Center, 3220 Oakton Avenue, Skokie

241-636 | Wednesdays | April 10, 17, 24; May 1, 8, 15, 22 | 9-11 am | \$280

[REGISTER](#)

241-637 | Fridays | April 5, 12, 19, 26; May 3, 10, 17 | 9-11 am | \$280

[REGISTER](#)



Experienced Adults On-The-Water Rowing Summer Pass

Enjoy greater flexibility this summer! One payment of \$400 allows 10 visits to any of the program dates listed below. Rowers must indicate the dates they will attend at registration. Additional visits may be added at the time of registration or later for \$40 each. These sessions are for women rowers with prior on-the-water experience that are seeking a recreational or competitive rowing experience. You will row (sweep or scull) on the North Shore Channel of the Chicago River. Wear tighter-fitting shorts (biker-style) and a t-shirt and bring a water bottle. Please arrive 15 minutes early to warm up and stretch prior to all classes. All participants are expected to know how to swim. No discounts or refunds; students should plan to attend all classes. **No class 6/19, 7/3, and 7/5.**

Location: Dammrich Rowing Center, 3220 Oakton Avenue, Skokie

242-636 | Wed & Fri | 8:30-10:30 am | 10 Visits \$400 | Additional visits \$40

Wednesdays: June 5, 12, 26; July 10, 17, 24, 31; August 7, 14, 21, 28

Fridays: June 7, 14, 21, 28; July 12, 19, 26; August 2, 9, 16, 23, 30

[REGISTER](#)



Summer ERG Classes

Great for new rowers to gain experience and for experienced rowers to continue conditioning on state-of-the-art Concept2 ergometers. Space is limited so sign up early! Each course is 1.5 hours per session and will include body and weight circuit work. No prior experience required. Wear tighter-fitting shorts and a t-shirt. Bring a water bottle. No refunds. **No class 6/19.**

Location: NT Winnetka Rowing Loft

242-620 | Week 1 | M, W, F | June 10, 12, 14 | 1:30-3 pm | \$60

[REGISTER](#)

242-621 | Week 2 | M, F | June 17, 21 | 1:30-3 pm | \$40 | No class 6/19

[REGISTER](#)

242-622 | Week 3 | M, W, F | June 24, 26, 28 | 1:30-3 pm | \$60

[REGISTER](#)

242-623 | Week 4 | M, W, F | July 8, 10, 12 | 1:30-3 pm | \$60

[REGISTER](#)

242-624 | Week 5 | M, W, F | July 15, 17, 19 | 1:30-3 pm | \$60

[REGISTER](#)

242-625 | Varsity | Fridays | June 14, 21, 28; July 12, 19 | 3-4:30 pm | \$100

[REGISTER](#)

Novice On-the-Water Summer Rowing Camps

High school rowers, or rowers with less than one year of rowing experience who will be at least an incoming high school freshman, are invited to participate. Students may select the week(s) that work best for their schedule and are encouraged to participate in all four weeks. On-the-water sessions are designed to complement the ergometer classes, and develop and reinforce proper rowing techniques in a fun co-ed environment. Appropriate level conditioning and race strategies will be incorporated. All participants are expected to know how to swim. The camp fee covers coaching, facilities, and boat usage. In case of inclement weather, the class will be canceled. No refunds. Space is limited. **No camp 6/19.**

Location: Dammrich Rowing Center, 3220 Oakton Avenue, Skokie

242-626 | Week 1 | M, Tu,Th, F | June 17-21 | 4-6 pm | \$180 | No camp 6/19

[REGISTER](#)

242-627 | Week 2 | M-F | June 24-28 | 4-6 pm | \$225

[REGISTER](#)

242-628 | Week 3 | M-F | July 8-12 | 4-6 pm | \$225

[REGISTER](#)

242-629 | Week 4 | M-F | July 15-19 | 4-6 pm | \$225

[REGISTER](#)





Varsity On-the-Water Summer Rowing Camps

High school rowers with a minimum of one year of rowing experience are invited to participate in this training and racing camp. On-the-water sessions are designed to further develop technique and prepare athletes for national-level rowing competitions. Rowers will be able to compete at the 44th annual Chicago Sprints held July 12-14th by registering with NTX. All participants are expected to know how to swim. The camp fee covers coaching, facilities, boat usage, and video analysis. In case of inclement weather, the class will be canceled. No refunds. Space is limited. Register week by week or for the full five-week camp.

NO CAMP JUNE 19, JULY 3-4

Location: Dammrich Rowing Center, 3220 Oakton Avenue, Skokie

BOYS

242-640 | M-Th | June 17- July 18 | 1:15-3:15 pm | \$750

[REGISTER](#)

242-641 | Week 1 | M, Tu, Th | June 17-20 | 1:15-3:15 pm | \$135 | No camp 6/19

[REGISTER](#)

242-642 | Week 2 | M-Th | June 24-27 | 1:15-3:15 pm | \$180

[REGISTER](#)

242-643 | Week 3 | M-Tu | July 1-2 | 1:15-3:15 pm | \$90 | No camp 7/3-7/4

[REGISTER](#)

242-644 | Week 4 | M-Th | July 8-11 | 1:15-3:15 pm | \$180

[REGISTER](#)

242-645 | Week 5 | M-Th | July 15-18 | 1:15-3:15 pm | \$180

[REGISTER](#)

GIRLS

242-650 | M-Th | June 17- July 18 | \$750

[REGISTER](#)

242-651 | Week 1 | M, Tu, Th | June 17-20 | 1:30-3:30 pm | \$135 | No camp 6/19

[REGISTER](#)

242-652 | Week 2 | M-Th | June 24-27 | 1:30-3:30 pm | \$180

[REGISTER](#)

242-653 | Week 3 | M-Tu | July 1-2 | 7-9 am | \$90 | No camp 7/3-7/4

[REGISTER](#)

242-654 | Week 4 | M-Th | July 8-11 | 7-9 am | \$180

[REGISTER](#)

242-655 | Week 5 | M-Th | July 15-18 | 7-9 am | \$180

[REGISTER](#)





Chicago Sprints Summer Regatta for Boys and Girls

242-656 | Friday-Sunday | July 12-14 | \$55

Fee covers entry fee, coaching and boat transport. Participants must provide transportation to and from the regatta.

Location: Lincoln Park Lagoon; 2341 N. Cannon Drive, Chicago

[REGISTER](#)



Lincoln Park Boat Club has hosted competitive rowing regattas on the Lincoln Park lagoon since its inception in 1910. Since 1980, the club has hosted the annual Chicago Sprints, which is one of the largest, competitive regattas in the Midwest. The regatta attracts rowers from over 23 states as well as competitors from overseas.

Chicago Sprints feature 1,000-meter, side-by-side, Henley-style racing with rowers treated to an unmatched skyline view during racing. The 1,000-meter course is on the Lincoln Park Lagoon, situated between the Lincoln Park Zoo and Lake Shore Drive.

NTX

NEW TRIER EXTENSION

Join us for a class - there are multiple ways to register!



ONLINE:

Visit our website at ntx203.net to view our digital catalog on your device and register directly through the page.



WALK-IN/PHONE:

Walk-in registration at the NTX office is temporarily on hold until further notice. If you need assistance, you can call our office at (847) 446-6600.



MAIL:

Download our registration form online at ntx203.net and fill out your credit card information (or include a check made out to NTX) and mail it to:

NTX, 7 Happ Road, Northfield, IL 60093

We can also mail you a registration form if you email us at ntx@nthsh.net or call us at (847) 446-6600