



FOR IMMEDIATE RELEASE

**WINNIPEG ROWING CLUB:
ANNUAL OPEN HOUSE – SATURDAY MAY 30th**

Winnipeg MB (May 21, 2015) – It's rowing season on the Red River! Members of the public are invited to find out more about this awesome sport at the Winnipeg Rowing Club's annual open house:

Winnipeg Rowing Club's Annual Open House
Saturday, May 30th @ 20 Lyndale Drive
Drop-in anytime between 12:00pm to 4:00pm

Whether you're interested in exploring a competitive sport, or just want to take up recreational rowing, find out more at the open house. Come and tour the facilities, check out the boats and boathouse, watch rowing demonstrations, try dockside rowing, or head out on the water for a row with an experienced crew.

Rowing is a lifelong activity for fitness, for competition, or just for fun. The WRC offers programs for all ages and skill levels, including some specifically designed to get beginners up-to-speed:

- **Intro to Competitive Rowing** - The Winnipeg Rowing Club is offering an entry-level program for athletes aged 15-25 who are interested in competitive rowing. The programs will run from Monday to Thursday starting in May.
- **Youth Summer Camps** – Throughout July and August, rowing camps introduce youth in grades 7-10 to the basics of rowing technique, water safety, off-water training, teamwork, and other active pursuits.
- **Adult and Youth Learn-to-Row** – Beginning in May, this entry-level program runs on weekends, or over a two-week period. It teaches participants the skills necessary to take up rowing, with the potential to transition into the novice program. Adults can also register for the Community Rowing Challenge as individuals.
- **Community Rowing Challenge** – This ten-week program for businesses, organizations, clubs, groups of friends, or individuals, gets teams learning to row and training together once per week in 'quads' (boats with four rowers). The event concludes with a Championship Regatta on August 29, where teams put rowing skills to the test in head-to-head races against other CRC teams.

At 134 years old, the Winnipeg Rowing Club is one of the oldest sporting organizations in Western Canada. It has been in operation since 1881, stopping only twice – during WWI and WWII. A long-time tenant of the banks of the Red River in downtown Winnipeg, the WRC survived the North-West Rebellion of 1885, the General Strike of 1919, the Great Depression of the 1930's, the Great Flood of 1950, and the Flood of the Century in 1997. Over the years the clubhouse has been destroyed by fire, wind, and water, but has always managed to maintain its long and proud tradition. Today, the WRC is a non-profit organization with a rich and successful sporting history, fostering generations of camaraderie and friendships. Members range in age from early teens right up to the 80's, and the club offers programs for all skill levels. www.winnipegrowingclub.ca

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