



GMS Rowing Center Diversity Program - Bringing the Sport of  
Rowing to the Community  
Building Equitable Opportunities

Rowing is a wonderful sport for eighth grade and high school students

- Develops teamwork, discipline and potentially an avenue to college
- Full-body exercise, non-contact, life-long sport
- One of the few Olympic sports that you can start in high school

GMS Rowing Center provides a unique opportunity for aspiring rowers

- Premier coaching and an ideal stretch of the Housatonic River
- Team of supportive community of high school athletes from the region

GMS has created a program to enable more athletes to be introduced to rowing from our surrounding communities. Our diversity program is targeted to incoming eighth and ninth graders with interest in trying a new sport.

- Two free “Learn-to-Row” Days open to ages 13 and up
- Summer beginner program (3 days/week) no experience needed
- Fall competitive program (5 days/week) athletic promise and motivation
- To participate in any program you Must know how to swim
- Financial assistance based on need. Scholarship potential is available.

Dates:

- Learn to Row Days May 15 and May 22, 10-2pm
- Summer Program June 13-August 14
- Fall Program August 23-November 5



Contact: Linda at 860-350-4004 to reserve a spot  
172 Grove St. New Milford, CT 06776

web page [www.gmsrow.com](http://www.gmsrow.com) email [gmsrowing@gmail.com](mailto:gmsrowing@gmail.com)