

*Rowing has done many things for me. It has made me excel in other sports, by making me more confident. Also it has made my group of friends larger. Rowing is my favorite sport and I enjoy it a lot. - Brynn, Grade 8*

**fitness**



**I**  
**row**  
youth rowing

[www.rowingcanada.org](http://www.rowingcanada.org)



teamwork

friends

*"Rowing provided me the opportunity to pursue my dreams and in the process I've met life long friends."  
- Buffy Williams, Olympic Medalist*



ROWING  
CANADA  
AVIRON

club information:



Canadian  
Heritage  
Sport Canada

Patrimoine  
canadien