



**irow** is a new **youth rowing program** that welcomes students to the world of rowing. Now, everyone can have fun and realize their potential while developing skills for success in rowing...and life! **irow** aims to promote access and involvement for students across the country so they can experience the values and benefits of rowing...**friendship, fitness, commitment, teamwork & fun.** Rowing can open doors to **new** and **exciting opportunities!**



## *Club Information:*



*commitment*

*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*



*teamwork*



**ROWING  
CANADA  
AVIRON**



Canadian  
Heritage  
Sport Canada

Patrimoine  
canadien



*fun*

*Rowing provided me the opportunity to pursue my dreams and in the process I've met life long friends.*

*- Buffy Williams, Olympic Medalist*