

Corporate Team Building with Row New York

Training sessions are 3 hours and include:

- Basic introduction to the sport on land followed by on-the-water practice and races
- All equipment (boats, oars, barges and rowing machines)
- Experienced coaches, all former college varsity rowers and skilled teachers
- Team T-shirt featuring your company's logo
- Lunch

Cost:

\$2,500 per boat (4–8 people)

- Contact us for volume pricing (100+ participants)

Training fees cover the cost of the course and support Row New York, a nonprofit organization that empowers New York City public school students through rowing instruction and competition. Learn more about us at www.rownewyork.org.



ROWING HAS BEEN CALLED THE ULTIMATE TEAM SPORT. Success on the water depends on harmony in the boat, with each rower performing at their best *and* in sync with the entire team.

At Row New York, we're experts at team building—we've been teaching teenagers to row, and through it the values of teamwork, tenacity, and commitment to self and others, since 2002. If our kids can do it, so can your employees.



Row New York is now pleased to offer a unique training opportunity for your corporate or small business team. Our experienced coaches will introduce your staff to the principles of rowing, after which they'll experience the real challenge (and fun) of this Olympic sport, rowing in 4- or 8-person boats on the water. The last part of the training will consist of races. After all, isn't competition the point of all this teambuilding?



To book a date or for more information,
email: info@rownewyork.org
or call: 718-433-3075