



**37 years of serving
the community
1976—2013**

ROW swimmers achieve their goals!

**From Age Group Swimming to
Olympic Level**



**Train and compete with ROW to
reach your highest potential!**

ASSESSMENT DATES

August 28th, 6:00pm -7:30pm

September 7th, 9:00am - 10:30am

WLU

Athletic Complex

www.rowswimming.ca

