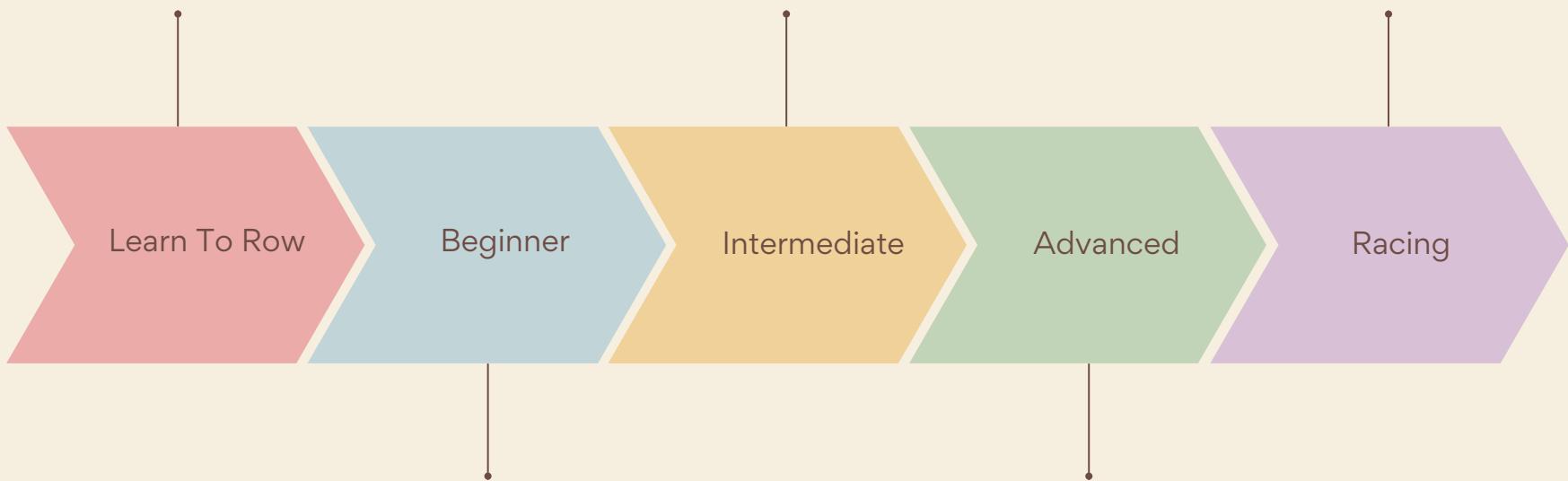


# CCS Rowing Class Progression

**Learn To Row:** This program is designed to teach the basics of the rowing stroke in sculling boats (1x, 2x, and 4x).

**Intermediate Sculling:** This class is intended for rowers who have completed beginner sculling and have demonstrated competency in rowing technique, rowing safely in group settings, and can navigate the waterway with little to no assistance. Classes are based around workouts intended to prepare rowers for seasonal competition.

**Racing Scullers:** This program is focused on racing development through a structured training plan.  
**T/Th Team:** This group focuses on developing athletes at the highest level.



**Beginner Singles:** This class is intended for rowers who have just completed learn-to-row or who are developing their boat handling skills and waterway navigation. Classes are tailored to accommodate the newest rowers in the group and bring everyone up to speed together. Skills covered in this class include boat set, stroke sequencing, steering, and introductions to navigating group rowing.

**Advanced Sculling:** This program is focused on rower development through fitness, structured workouts, technique, and safety on the water.

**All Levels Row:** This class is for any experience level, but always beginner friendly. You are encouraged to find other rowers to form team boats (2x/4x/4+) or row on your own in a single.