

LEARN TO SCULL



Ready all, row! Pick up a paddle and join the crew with an introduction to sculling. No experience is necessary to get started – just a desire to try something new! Rowing is an excellent way to get or stay in shape –it’s low impact but still uses more muscle groups than any other sport. Focus on the fundamentals and learn from a qualified instructor in a championship facility. Instruction primarily takes place at the boathouse on rowing machines and in rowing barges.

- Check in at the boathouse located on the Norwalk River to meet your instructor
- Learn the basics including equipment handling, rowing techniques, and safety
- Find out why teamwork and training play such an important role in performance
- Get in shape, make new friends, and discover what makes rowing so much fun

Your Gift Locations*

Norwalk, CT

Availability

Year round, Monday through Saturday

Duration

2 hours

Essential Information

Minimum age is 16 years old, under 18 must have parent/guardian complete waiver

Numbers

Experience for 1 in a group



*GIFTS ARE REGIONALLY BASED. PLEASE VISIT WWW.EXCITATIONS.COM/REDEEM FOR THE LATEST LOCATION LISTINGS • ED01-02-999-A