



2018 PROGRAM PRICE SHEET

Lessons, Outings, Camps and Focus Reset Retreats
(SSRC is an equal opportunity provider and LGBT friendly)

Programs require phone pre-qualification and registration by mailing a signed reservation request. Confirmation is made by a return phone call. Prices include equipment shuttle, all equipment, instructor or guide and nutrition snacks.

Mission - The mission of South Shore Open Water Rowing is to promote and provide recreational rowing experiences for fun and fitness.

Goal - Help people embrace a sustainable lifestyle which is customized and personalized for optimal health, performance and well-being.

PROGRAMS AND SERVICES

ROWING LESSONS (no experience)

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|--------------------------------------|-------|
| Lesson only (8:00-12:00 Saturdays) | \$ 99 |
| 1 Day (lesson/practice row) | 169 |
| 2 Day (lesson/practice row/1 outing) | 249 |
| 3 Day (lesson/practice row/2 outing) | 329 |

ROWING CAMPS (choice of 12 routes)

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|------------------------------------|-------|-------|
| 1/2 Day (Saturday) | 1 row | \$ 69 |
| 1 Day (arrive Fri-depart Sunday) | 2 row | 99 |
| 2 Day (arrive Thurs-depart Sunday) | 3 row | 169 |
| 3 Day (arrive Wed-depart Sunday) | 4 row | 249 |

ROWING CLUB (Sunday P.M.)

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|---------------------------------|----------|
| 1 Lesson/practice and 3 outings | \$150 |
| 5 outings (lesson pre-req) | 150 |
| Unlimited outings (annual) | \$ 35/mo |

BOAT CLUB (1/3 fractional ownership)

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| new shell (3 years w/\$400 down pymt) | \$ 45/mo |
| used shell (3 years w/\$200 down pymt) | \$ 35/mo |

FOCUS RESET RETREAT

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|------------------------------------|-------|
| 1 Day (arrive Fri-depart Sunday) | \$169 |
| 2 Day (arrive Thurs-depart Sunday) | 249 |
| 3 Day (arrive Wed-depart Sunday) | 329 |

FOCUS WELLNESS AND PERFORMANCE

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|-----------------------------------|----------|
| Focus Program (4 options) | \$600 |
| Health Assurance Program (1 year) | \$ 99/mo |
| Focus Consult/Pre-Qualification | 100 |
| Body fat assessment w/consult | \$ 35 |

