

# ZLAC JUNIOR CREW

Come for the Athletics . . . Stay for the Fun!!



**Great College Recruitment Sport!!**

*ZLAC seniors have been recruited to row at : UC Berkeley, UC Davis, USC and many other prestigious programs in the country*

**One on One Personal Training**

*Awesome workouts on Beautiful Mission Bay  
Build Confidence and Strong, Healthy Bodies!!*

**Make Life-long Friends !!!**

*Historic Women's Rowing Club  
Established 1892  
World's Oldest Women's Rowing Club!!*

## Summer Learn to Row Classes Start Soon!!!!

*Limited Spaces -Register by June 1 for 10% off !!*

**Cost: \$275.00 for 2 week camp** (Enroll in multiple camps for discounted price)

Camp I June 21- July 2, Mon-Fri 4:00 – 6:00 pm

Camp II July 12-July 23, Mon-Fri 4:00 – 6:00 pm

Camp III August 2 through August 13, Mon-Fri 4:00-6:00 pm

Contact : Coach Andrew Kong 530-902-7802 or [AJKong@gmail.com](mailto:AJKong@gmail.com)

ZLAC Rowing Club, 1111 Pacific Beach Drive, San Diego, CA 92109

[www.ZLAC.org](http://www.ZLAC.org)

# COME FOR THE ATHLETICS... STAY FOR THE FUN!



ZLAC Rowing Club in Pacific Beach offers girls ages 13 to 18 a chance to row for a competitive team. It all begins with

## ZLAC Summer Learn to Row Camps 2010

Cost: \$275 for 2 week camp (discount to enroll in multiple camps)

Register by June 1 and get a 10% discount!

Camp I	June 21 through July 2, Mon-Fri	4:00 – 6:00 p.m
Camp II	July 12 through July 23, Mon-Fri	4:00 – 6:00 p.m
Camp III	August 2 through August 13, Mon-Fri	4:00 – 6:00 p.m

To register for camp(s), send the form below with a \$100 deposit to:

ATTN: Andrew Kong

ZLAC Juniors Rowing

1111 Pacific Beach Drive, San Diego, CA 92109

Please make checks payable to: **ZLAC Rowing Club**

Upon receipt of your deposit, details on where to meet, what to bring and wear, and medical and liability release forms will be mailed to you. The balance of the cost of camp is due one week prior to the beginning of camp.

Please direct questions to: Andrew Kong, Phone: (530) 902-7802, Email: [ajkong@gmail.com](mailto:ajkong@gmail.com)

**Space is limited to 20 girls per camp – Sign up soon!**

(Each camp is dependent on having at least 4 participants register)

Name: \_\_\_\_\_ Parents' Names: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 Birthdate: \_\_\_\_\_ School: \_\_\_\_\_ T-Shirt Size:  Small  Medium  Large

Please choose your camp(s):  1 Camp (\$275)  2 Camps (\$500)  3 Camps (\$700)

First Choice:  Camp I  Camp II  Camp III

Second Choice:  Camp I  Camp II  Camp III

Third Choice:  Camp I  Camp II  Camp III

Visit ZLAC's website at [www.zlac.org](http://www.zlac.org)