

Summer Programs 2015

The following guidelines are appropriate for all **Junior Rowing** classes.

Where to meet:

Classes will meet on the rowing dock on the left side of the front of the DBMS building. You will find your instructor in a "DBMS Instructor" bright orange tee shirt.

What to bring:

- ● Sunscreen
- ● Hat and/or sunglasses (with a croaky) if desired
- ● Reusable water bottle

What to wear:

- ● Sunscreen!
- ● Fitted Athletic shorts
- ● Fitness/workout shirt (clothing)
- ● Sneakers or other closed toed shoes - no flip flops

Reminders:

- ● All programs meet **RAIN or SHINE**. Please dress appropriately for the weather.
- ● Please leave all valuable items at home DBMS is not responsible for loss or damage to the personal property of its students.
- ● All other personal belongings will be left on the rowing dock while on the water
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