

NTX NEW TRIER EXTENSION

SUMMER 2025 ROWING

Register today at www.ntx203.net





Since 2002, New Trier Extension has offered off-season training to New Trier High School rowers. This opportunity has led to numerous medals earned by NTHS rowers and a fast ascent to success at the regional and national levels. The success and popularity of rowing have led to class offerings that enrich the community such as introductory erg classes and camps, 8th-grade clinics, adult erg, and adult on-the-water classes. Adults have come to enjoy the same physical benefits, fun social outlet, and team camaraderie with this ultimate team sport that many of their children have enjoyed. All classes are coached by the successful and experienced NTHS coaching staff that has led its teams to numerous Midwest and Scholastic National Championships over the past 20+ years. Our Summer camps have allowed us to provide paid leadership opportunities to graduating seniors and alumni as assistant coaches. Many NTHS rowing alumni have gone on to successfully compete in rowing at the collegiate level. **In an historic first, former NTHS Rowing alumni Peter Chatain and Grace Joyce represented Team USA in Paris rowing at the 2024 Summer Olympics. Peter rowed in the Men's 8+ (eight) and took home the bronze medal. Grace rowed in the Women's 4x (quad) and placed 9th place overall. The Trevian rowing community is incredibly proud of their accomplishments!** Regardless of their post-high school rowing, many have expressed to coaches that rowing in high school has been the most meaningful part of their high school years and positively impacts them in future endeavors. Most have learned to row during their freshman year. Adults can begin with no prior experience needed.

Ready all? ROW!

If you have any NTX Rowing questions, please email Rose Marchuk at rosemrows@gmail.com and indicate NTX Rowing in the subject line.



Intermediate Sculling Summer Camps

This camp is designed for rowers with basic sculling proficiency or those recommended by a rowing coach. Rowers will refine proper sculling technique in racing singles (bring your own if you have one), doubles or quads. Build on your conditioning while learning how to steer better, improve balance and speed, and perfect racing starts. There will be opportunities to learn from video analysis of each sculler and race others in the camp. The skills developed will improve technique and make anyone a better boat mover for sweep rowing. Sculling is a skill that will allow you to row for life!

Location: Dammrich Rowing Center, 3220 Oakton Avenue, Skokie

252-660 | Th-Wed | June 5-11 | 4-6 p.m. | \$300 | No camp 6/7-6/8

[REGISTER](#)

252-661 | Mon-Fri | July 21-25 | 4-6 p.m. | \$300

[REGISTER](#)



Adult On-The-Water Learn To Row



These classes are for adults, women and men, who have no prior experience and want to learn to row in a fun and supportive environment. All classes will be held on the North Shore Channel of the Chicago River. Wear tighter-fitting shorts (biker-style) and a t-shirt and bring a water bottle. Please arrive 15 minutes early to warm up and stretch prior to all classes. No discounts; students should plan to attend all classes. All participants are expected to know how to swim. No refunds. Class minimum enrollment must be met.

NO CLASS 7/2 and 7/4.

Location: Dammrich Rowing Center, 3220 Oakton Avenue, Skokie

252-630 | Wednesdays | June 4, 11, 18, 25 | 8:30-10:30 am | \$160

[REGISTER](#)

252-631 | Fridays | June 6, 13, 20, 27 | 8:30-10:30 am | \$160

[REGISTER](#)

252-632 | Wednesdays | July 9, 16, 23, 30 | 8:30-10:30 am | \$160

[REGISTER](#)

252-633 | Fridays | July 11, 18, 25 | 8:30-10:30 am | \$120

[REGISTER](#)

252-634 | Wednesdays | August 6, 13, 20, 27 | 8:30-10:30 am | \$160

[REGISTER](#)

252-635 | Fridays | August 1, 8, 15, 22, 29 | 8:30-10:30 am | \$200

[REGISTER](#)





Experienced Adults On-The-Water Rowing Summer Pass



Enjoy greater flexibility this summer! One payment of \$400 allows 10 visits to any of the program dates listed below. Rowers must indicate the dates they will attend at registration. Additional visits may be added at the time of registration or later for \$40 each. These sessions are for women rowers with prior on-the-water experience that are seeking a recreational or competitive rowing experience. You will row (sweep or scull) on the North Shore Channel of the Chicago River. Wear tighter-fitting shorts (biker-style) and a t-shirt and bring a water bottle. Please arrive 15 minutes early to warm up and stretch prior to all classes. All participants are expected to know how to swim. No discounts or refunds; students should plan to attend all classes.
NO CLASS 7/2 and 7/4.

Location: Dammrich Rowing Center, 3220 Oakton Avenue, Skokie

252-636 | Wed & Fri | 8:30-10:30 am | 10 Visits \$400 | Additional visits \$40

Wednesdays: June 4, 11, 18, 25; July 9, 16, 23, 30; August 6, 13, 20, 27

Fridays: June 6, 13, 20, 27; July 11, 18, 25; August 1, 8, 15, 22, 29

[REGISTER](#)





Summer ERG Classes

Great for new rowers to gain experience and for experienced rowers to continue conditioning on state-of-the-art Concept2 ergometers. Space is limited so sign up early! Each course is 1.5 hours per session and will include body and weight circuit work. No prior experience required. Wear tighter-fitting shorts and a t-shirt. Bring a water bottle. No refunds.

Location: NT Northfield B-Commons

252-620 | Week 1 | M, W, F | June 9, 11, 13 | 1:30-3 pm | \$60

[REGISTER](#)

252-621 | Week 2 | M, W, F | June 16, 18, 20 | 1:30-3 pm | \$60

[REGISTER](#)

252-622 | Week 3 | M, W, F | June 23, 25, 27 | 1:30-3 pm | \$60

[REGISTER](#)

252-623 | Week 4 | M, W, F | July 7, 9, 11 | 1:30-3 pm | \$60

[REGISTER](#)

252-624 | Week 5 | M, W, F | July 14, 16, 18 | 1:30-3 pm | \$60

[REGISTER](#)

252-625 | Varsity | Fridays | June 13, 20, 27; July 11, 18 | 3-4:30 pm | \$100

[REGISTER](#)





Novice On-the-Water Summer Rowing Camps

High school rowers, or rowers with less than one year of rowing experience who will be at least an incoming high school freshman, are invited to participate. Students may select the week(s) that work best for their schedule and are encouraged to participate in all four weeks. On-the-water sessions are designed to complement the ergometer classes, and develop and reinforce proper rowing techniques in a fun co-ed environment. Appropriate level conditioning and race strategies will be incorporated. All participants are expected to know how to swim. The camp fee covers coaching, facilities, and boat usage. In case of inclement weather, the class will be canceled. No refunds. Space is limited. **NO CAMP 6/19.**

Location: Dammrich Rowing Center, 3220 Oakton Avenue, Skokie

252-626 | Week 1 | M, Tu, W, F | June 16-20 | 4-6 pm | \$180 | No camp 6/19 [REGISTER](#)

252-627 | Week 2 | M-F | June 23-27 | 4-6 pm | \$225 [REGISTER](#)

252-628 | Week 3 | M-F | July 7-11 | 4-6 pm | \$225 [REGISTER](#)

252-629 | Week 4 | M-F | July 14-18 | 4-6 pm | \$225 [REGISTER](#)

252-662 | Week 5 | M-F | July 21-25 | 4-6 pm | \$225 [REGISTER](#)





Varsity Boys On-the-Water Summer Rowing Camps

High school rowers with a minimum of one year of rowing experience are invited to participate in this training and racing camp. On-the-water sessions are designed to further develop technique and prepare athletes for national-level rowing competitions. Rowers will be able to compete at the 44th annual Chicago Sprints held July 11-13th by registering with NTX. All participants are expected to know how to swim. The camp fee covers coaching, facilities, boat usage, and video analysis. In case of inclement weather, the class will be canceled. No refunds. Space is limited. Register week by week or for the full 6-week camp.

NO CAMP 6/19, 7/3

Location: Dammrich Rowing Center, 3220 Oakton Avenue, Skokie

BOYS

252-640 | All 6 Weeks | M-Th | June 16- July 24 | 1:30-3:30 pm | \$875 | NO CAMP 6/19, 7/3 [REGISTER](#)

252-641 | Week 1 | M, Tu, W | June 16-18 | 1:30-3:30 pm | \$135 | NO CAMP 6/19 [REGISTER](#)

252-642 | Week 2 | M-Th | June 23-26 | 1:30-3:30 pm | \$180 [REGISTER](#)

252-643 | Week 3 | M-W | June 30-July 2 | 1:30-3:30 pm | \$135 | NO CAMP 7/3 [REGISTER](#)

252-644 | Week 4 | M-Th | July 7-10 | 1:30-3:30 pm | \$180 [REGISTER](#)

252-645 | Week 5 | M-Th | July 14-17 | 1:30-3:30 pm | \$180 [REGISTER](#)

252-646 | Week 6 | M-Th | July 21-24 | 1:30-3:30pm | \$180 [REGISTER](#)





Varsity Girls On-the-Water Summer Rowing Camps

High school rowers with a minimum of one year of rowing experience are invited to participate in this training and racing camp. On-the-water sessions are designed to further develop technique and prepare athletes for national-level rowing competitions. Rowers will be able to compete at the 44th annual Chicago Sprints held July 11-13th by registering with NTX. All participants are expected to know how to swim. The camp fee covers coaching, facilities, boat usage, and video analysis. In case of inclement weather, the class will be canceled. No refunds. Space is limited. Register week by week or for the full 5-week camp.

NO CAMP 6/19, 6/30-7/3

Location: Dammrich Rowing Center, 3220 Oakton Avenue, Skokie

GIRLS

252-650 | All 5 Weeks | M-Th | June 16- July 24 | 7-9 am | \$750 | NO CAMP 6/19, 6/30-7/3 [REGISTER](#)

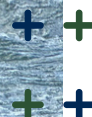
252-651 | Week 1 | M, Tu, W | June 16-18 | 7-9 am | \$135 | NO CAMP 6/19 [REGISTER](#)

252-652 | Week 2 | M-Th | June 23-26 | 7-9 am | \$180 [REGISTER](#)

252-653 | Week 3 | M-Th | July 7-10 | 7-9 am | \$180 [REGISTER](#)

252-654 | Week 4 | M-Th | July 14-17 | 7-9 am | \$180 [REGISTER](#)

252-655 | Week 5 | M-Th | July 21-24 | 7-9 am | \$180 [REGISTER](#)





Chicago Sprints Summer Regatta for Boys and Girls

252-657 | Friday-Sunday | July 11-13 | \$55

Fee covers entry fee, coaching and boat transport. Participants must provide transportation to and from the regatta.

Location: Lincoln Park Lagoon; 2341 N. Cannon Drive, Chicago

[REGISTER](#)



Lincoln Park Boat Club has hosted competitive rowing regattas on the Lincoln Park lagoon since its inception in 1910. Since 1980, the club has hosted the annual Chicago Sprints, which is one of the largest, competitive regattas in the Midwest. The regatta attracts rowers from over 23 states as well as competitors from overseas.

Chicago Sprints feature 1,000-meter, side-by-side, Henley-style racing with rowers treated to an unmatched skyline view during racing. The 1,000-meter course is on the Lincoln Park Lagoon, situated between the Lincoln Park Zoo and Lake Shore Drive.

NTX NEW TRIER EXTENSION

Join us for a class - there are multiple ways to register!



ONLINE:

Visit our website at ntx203.net to view our digital catalog on your device and register directly through the page.



WALK-IN/PHONE:

Walk-in registration is available during daytime class hours at the Northfield Campus or by appointment only. We are happy to help you **register** over the phone at (847) 446-6600.



MAIL:

Download our registration form online at www.ntx203.net and fill out your credit card information (or include a check made out to NTX) and mail it to:

NTX, 7 Happ Road, Northfield, IL 60093

We can also mail you a registration form if you email us at ntx@nth.s.net or call us at (847) 446-6600