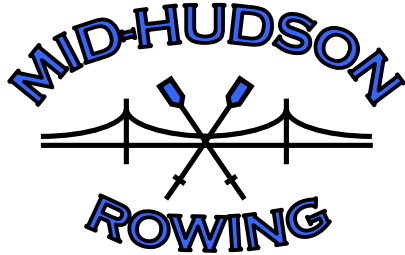


# Learn to Row



Adult Community Rowing on the Hudson  
Sweep rowing & Sculling classes  
Private sculling lessons available

## 2017 Learn to Row (LTR) & Sculling Clinic

**LTR Session I 2 weekends, 2 weekdays:** Six classes - **\$150**  
June 10,11 13,15, 17,18  
Saturdays/Sundays: 7AM-9AM; Tuesday/Thursday 6PM-8PM  
**Bonus:** 50% Refund applied to annual membership fee.

**LTR Session II 2 weekends, 2 weekdays:** Six classes - **\$150**  
July 8,9 11,13 15,16  
Saturdays/Sundays: 7AM-9AM; Tuesday/Thursday: 6PM-8PM  
**Bonus:** 50% Refund applied to annual membership fee.

**Sculling Clinic 4 weekdays, 1 weekend** Six classes - **\$175**  
July 18,20 22,23 25,27  
Tuesdays/Thursdays: 5:30AM-7AM; Saturday/Sunday: 7AM-9AM.

**Bonus:** \$25 discount for MHRA members

For those who have sweep rowing experience; learn to scull or improve your technique. Coached by Bill Davies, USRA Level II coach with over 30 years of rowing experience

**Fall Into Rowing: 2-day introduction to rowing** Two classes - **\$60**  
September 16 Tank session  
September 17 on-water, conditions permitting  
Saturday/Sunday 9AM-11AM

**How to enroll:** Send an email to [ltr@midhudsonrowing.org](mailto:ltr@midhudsonrowing.org), letting us know the class in which you'd like to enroll. We'll get back to you!

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

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