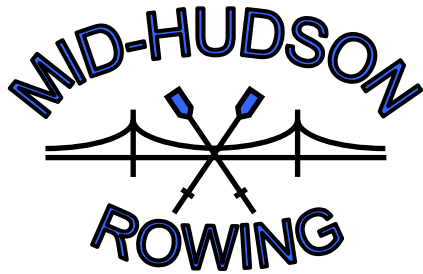


Learn to Row



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

2019 Learn to Row (LTR) & Sculling Clinic

Try Rowing! Learn in an indoor tank experience
February 23rd 4-5PM

Free

LTR Session I 2 weekends, 2 weekdays: Six classes - **\$150**
June 8,9 11,13, 15,16
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 13,14 16,18 20,21
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 9,11 13,14 16,18
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 14 Tank session

September 15 on-water, conditions permitting

Saturday/Sunday 9AM-11AM

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

www.midhudsonrowing.org

PO Box 683

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