

Learn to Row!

Mid Hudson Rowing Association



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

2020 Learn to Row (LTR) & Sculling Clinic

Try Rowing! Learn in an indoor tank experience
February 22nd 4-5PM

Free!

LTR Session I Indoor Learn to Row! Be Ready to Row when the season starts!
March 2,9,16 (Mondays) and 7,14,21 (Saturdays), plus two on-water rowing days, dates TBD
Mondays: 7PM-8PM; Saturdays: 4PM-5PM

Eight classes - **\$150**

LTR Session II 2 weekends, 2 weekdays:
June 13,14 16,18 20,21
Saturdays/Sundays: 7AM-9AM; Tuesday/Thursday: 6PM-8PM

Six classes - **\$150**

Sculling Clinic 4 weekdays, 1 weekend
July 7,9 11,12 14,16
Tuesdays/Thursdays: 5:30AM-7AM; Saturday/Sunday: 7AM-9AM.

Six classes - **\$175; Members \$150**

This clinic is for those who have sweep rowing experience; learn to scull or improve your technique.
Coached by Bill Davies, USRA Level II coach with over 35 years of rowing experience

Fall Into Rowing: 2-day introduction to rowing
September 12 Tank session
September 13 On-water, conditions permitting
Saturday/Sunday 9AM-11AM

Two classes - **\$60**

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

Poughkeepsie NY 12602