

*Mid-Hudson Rowing Association announces... ..
Fall Into Rowing
.....a taste of rowing during our leaf-peeping season*



What we've planned:

Saturday September 16th: 9-11AM Indoor tank session at the boathouse learning the basics of rowing, followed by rowing by the dock & possible taste of river rowing.

Sunday September 17th: 9-11AM Coached rowing on the river.

Fee: \$60, inclusive of both days, paid in advance and non-refundable after start of sessions.

Requirements: 1) 18 yrs or older OR 14 years or older with a parent/ guardian participating in the event with you. 2) Must be in good physical condition. Check with your doctor if you are uncertain. 3) Must be able to swim.

How do you sign up?

1. Contact our Learn To Row Coordinators by email: ltr@midhudsonrowing.org

then

2. Mail a check for \$60, prior to the class, payable to Mid-Hudson Rowing Association, to:

Mid-Hudson Rowing Association
PO Box 683
Poughkeepsie NY 12602

For more information about our club, we invite you to explore it further on our website www.midhudsonrowing.org. You'll see plenty of pictures to pique your interest!