

## Mid Hudson Rowing Association

Sculling  
Sweep rowing  
Flexible program schedule  
Range of skill levels  
Recreational and competitive rowing  
Weekend and weekday rowing

Learn-to-Row  
Sculling Clinics  
Recreational rowing sessions  
Coached sculling  
Coxswain and coach training  
Private boat storage

“Buddy” system sculling for certified scullers  
Singles and Doubles  
Fours and Eights  
Mornings and Evenings

Fun with fellow members at special events:  
Potluck dinners with slideshows  
September Mills Mansion row and brunch  
Annual meeting and supper  
Winter indoor tank sessions  
Boat-care sessions with potluck brunch

Not-for-profit organization  
Fifty adult members

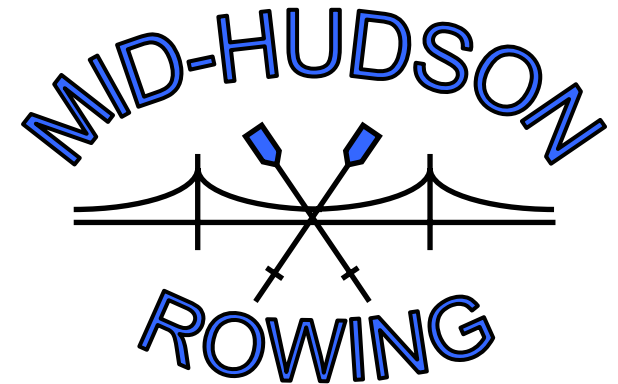
### **Donations**

MHRA is a non-profit 501(c)(3) organization.  
Equipment purchases are dependent on donations  
and fund raising activities. Donations are tax  
deductible and gratefully accepted.

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



## **Mid Hudson Rowing Association**



**Adult Community Rowing**  
P.O. Box 683, Poughkeepsie, NY 12602  
(845) 452-2970



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## Rowing Programs

The Mid Hudson Rowing Association season includes indoor tank sessions in the winter and on-water rowing from April to November.

### **Indoor Tank Sessions**

Varies annually, call for details

### **Sweep Rowing Sessions**

Saturday and Sunday 7:00- 9:30 AM

Tuesday 5:30-7:00 AM

Thursday 6:00-7:30 PM (earlier in the fall)

Additional sessions for competitive boats

### **Sculling Sessions**

Saturday and Sunday 5:30-7:00 AM and  
7:30-9:30 AM

Weekday mornings 5:30-7:00 AM

Coached sculling: Monday, Wednesday, Friday

### **Learn-to-Row Program**

Two-week sessions: May, June and July

### **Sculling Clinics**

Group classes and private lessons available

Two-week sessions: June and July

### **Introduction to Rowing**

Free! Offered year-round! Call for details

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## Membership and Program Fees

### **Annual Membership**

Fees remain the same for 2009!

New - Register and pay online!

Click on "Members" on our website to get started

Individual: \$325

Family: \$500

**"Learn to" programs and clinics: \$150**

Membership not required for these programs

**Member's private boat storage: \$150 annually**

**Coxswains: Free membership**

**Rowers: "Summer only" discount available**

Please call for more information (845) 452-2970

Membership and program fees cover insurance, USRowing membership, rack rental and use of the Community Boathouse, equipment maintenance, regatta travel and administrative expenses. Members receive a team tee shirt, water bottle, may vote at the Annual meeting, and use the Community Boathouse and dock and MHRA equipment. Financial assistance is available.

MVP TriVantage Health Insurance offers \$300 HealthDollars that can be used toward the MHRA membership fee!

Contact MVP for details.

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