

Mid Hudson Rowing Association

Sculling
Sweep Rowing
Flexible Program Schedule
Range of Skill Levels
Singles, Doubles, Quad
Fours and Eights
Weekend & Weekday Sessions

Learn-to-Row Program
Sculling Clinic
Coached Sculling Sessions
Coxswain and Coach Training

Fun Events:
Potluck Dinners with Slideshows
Moonlight Row
Mills Mansion Row and Brunch
Riverside Pancake Breakfast

Donations

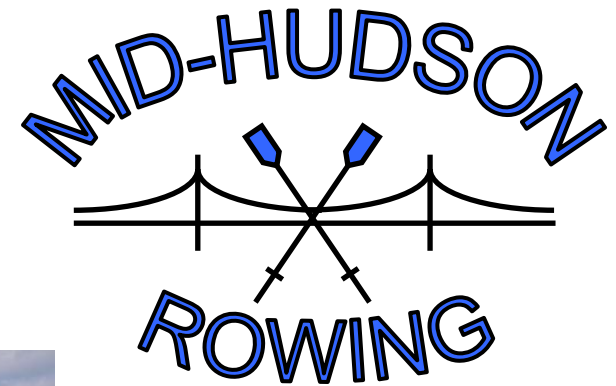
MHRA is a non-profit 501(c)(3) organization. Equipment purchases are dependent on donations and fund raising activities. Donations are tax deductible and gratefully accepted.

www.midhudsonrowing.org

Mid Hudson Rowing Association



Contact us to purchase your copy of the Mid-Hudson Rowing Association production DVD:
"A History of Rowing on the Hudson River"
We also sell collectible rowing mugs & glasses.
Proceeds support scholastic rowing at the HRRR boathouse



Adult Community Rowing

*Supporting adult and scholastic rowing
in the Mid Hudson Valley*

P.O. Box 683, Poughkeepsie, NY 12602



www.midhudsonrowing.org

Rowing Programs

The Mid Hudson Rowing Association season includes on-the-river rowing from April to November

Sweep Rowing Sessions

Saturday and Sunday 7:00-9:00 AM

Tuesday 5:30-7:00 AM

Thursday 6:00-7:30 PM

Additional sessions at coach's discretion

Sculling Sessions

Saturday and Sunday, 7:00-9:00 AM

Weekday mornings, 5:30-7:00 AM

Coached sculling: Monday, Wednesday, Friday

Learn-to-Row (LTR) Program

Sessions in June & July.

Sculling Lessons

Group classes and private lessons available

Clinic in July

Introduction to Rowing

Fall into Rowing in September 14th/15th

www.midhudsonrowing.org



Call for more information contact:

ltr@midhudsonrowing.org

www.midhudsonrowing.org

Membership and Program Fees

2019 Annual Membership

Individual: \$525 -Family: \$845

Monthly Membership: \$165

College student member: \$230

LTR sessions: \$150

Six day sessions start June 8th & July 13th

Bonus: \$75 off annual membership fee.

Fall into Rowing: \$60

September 14th & 15th

Sculling Clinic: \$175

Six day session starts July 9th

Discount: \$25 for MHRA members.

Members can participate in

- 4 weekly coached sweep rowing sessions
- 3 weekly coached sculling sessions
- Special rows: Holiday, Moonlight, Mills Mansion
- Regattas & Local rowing/sculling skirmishes
- All MHRA events (riverside pancake breakfast, yard sale, socials)

New members receive a club tee shirt

Installment payment options available.