

Learn to Row!



Co-ed Beginner Adult Rowing

Experience a wonderful form of low-impact exercise in a friendly, supportive environment. Open to all adult ages and skill levels. Learn sweep rowing in 8 and 4 person rowing shells, including:

- Boat handling and safety
- Boat carrying and launching
- Training on Concept2 rowing machines
- Training on the water
- Four weeks membership in novice crew (April 26- May 22). The novice crew is made up of 2009 and 2010 Learn to Row graduates.

Cost: \$250 (includes a 3 month membership at BIAC, including use of rowing machines, free introduction to sculling lessons in single person shells, use of single person shells)

Session 1 (4 classes):

Saturday April 17, 9:00-12:00, Sunday April 18 11:00-2:00

Saturday April 24 9:00-12:00, Sunday April 25 9:00-12:00

Additional sessions run through August. Visit www.gobair.org/learntorow for details.

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