

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 (July 19 – August 14). The novice crew is made up of 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)

Classes are Saturdays and Sundays from 9am to Noon

Dates for Session 4: July 10, 11, 17, 18

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

Session 5: July 31 August 1, 7, 8 **Session 6:** August 21, 22, 28, 29

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