

Winter Learn to Row

An introduction to rowing for men and women of all ages

The course will be divided into three phases and will include instruction on indoor rowing machines and on-the-water training.

Phase I....Classes on rowing fundamentals and rowing technique will take place on ten successive Tuesday and Thursday evenings from February 9 to March 11, 2010, at 7:30PM. Each class will last about an hour and a half. They will be held at our boathouse at Creve Coeur Lake.

Phase II....Until the weather gets warm enough to row on the lake, you will have the opportunity to practice indoor rowing with our experienced adult rowers. They have regularly scheduled, coached workout sessions on Tuesday and Thursday evenings at 6:00PM.

Phase III....Once the weather breaks, we'll schedule several weekend classes during which you'll put your new skills to the test on the water.

The total cost of the entire program is \$250.00/person. Space is limited to twenty participants. Your class tuition also includes club membership through June 2010.

**For more information contact 314-434-8299 or e-mail
stlouisrowing_info@yahoo.com**

To register please return this form along with a check for \$250.00 (payable to the St. Louis Rowing Club) to:

St. Louis Rowing Club
PO Box 411094
St. Louis, MO 63141

Name: _____

Address: _____

Phone Number: _____

e-mail address: _____