



Beginner Adult Rowing

September 2007 Classes (8 sessions)

September 8, 9, 15, 16, 22, 23, 29 & 30
from 9am-Noon



Learn sweep rowing in 8 and 4 person rowing shells, including:

- Boat handling and safety
- Boat carrying and launching
- Training on Concept II rowing machines
- Training on the water
- Final day BBQ and mini-regatta

Cost: \$250 (Fee includes 3 month membership at BIAC)

Beginner Adult Rowing

Bair Island Aquatic Center
1450 Maple Street
Redwood City, CA 94063
www.gobair.org

Contact: Dan Alexander
Phone: 415.710.7304
Email: dalexa01@aol.com

A wonderful form of low-impact exercise in a friendly, supportive environment. Try something new!

Open to all adult ages and skill levels. Class limited to 12 rowers.

Welcome to Bair Island Aquatic Center

BIAC is a fun, community-based organization that teaches and develops rowing and paddling skills. The center operates out of a boathouse in Redwood City, with access to San Francisco Bay and restorable wetlands that are home to an incredible variety of wildlife. This volunteer-run, non-profit organization offers introductory classes, as well as recreational and competitive programs for novice to advanced-level athletes.