

Learn to Row!



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
- Two weekends of Learn to Row classes
- Four weeks membership in novice crew, and option to train with 2011 Learn to Row graduates.

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

Classes are held on Saturday and Sunday mornings

Session 1: April 9, 10, 16 & 17 (all 9-12)

Session 4: July 16, 17, 23 & 24 (all 9-12)

Session 2: May 21 (9-12), 22 (10-1), 28 & 29 (9-12)

Session 5: July 30, 31, August 6, 7 (all 9-12)

Session 3: June 4 (9-12), 5 (11-2), 11 & 12 (9-12)

Session 6: August 20, 21, 27 & 28 (all 9-12)

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

Email: learntorow@gobair.org
Phone inquiries: Leave message for Vicky at 415-895-0789
(mention BIAC Learn to Row)



BIAC