

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 2012 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 14, 15, 21 & 22 (all 9-Noon)

Session 2: May 12, 13, 19 & 20 (all 9-Noon)

Session 3: June 9, 10, 16 & 17 (all 9-Noon)

Session 4: July 14, 15 (9-Noon), 21 & 22 (9:30-12:30)

Session 5: August 4, 5 (9-Noon), 11&12 (9:30-12:30)

Session 6: September 8, 9, 15 & 16 (all 9-Noon)

Bair Island Aquatic Center
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www.gobair.org/learntorow

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

