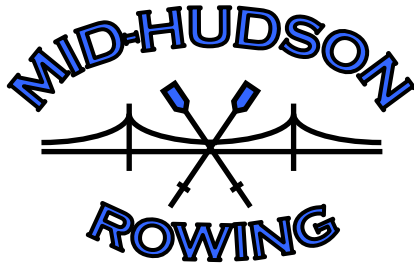


# Learn to Row



Adult Community Rowing on the Hudson  
Sweep rowing & Sculling classes  
Private sculling lessons available

## 2018 Learn to Row (LTR) & Sculling Clinic

**LTR Session I 2 weekends, 2 weekdays:** Six classes - **\$150**  
June 9,10 12,14, 16,17  
Saturdays/Sundays: 7AM-9AM; Tuesday/Thursday 6PM-8PM  
**Bonus:** 50% Refund applied to annual membership fee.

**LTR Session II 2 weekends, 2 weekdays:** Six classes - **\$150**  
July 7,8 10,12 14,15  
Saturdays/Sundays: 7AM-9AM; Tuesday/Thursday: 6PM-8PM  
**Bonus:** 50% Refund applied to annual membership fee.

**Sculling Clinic 4 weekdays, 1 weekend** Six classes - **\$175**  
July 17,19 21,22 24,26  
Tuesdays/Thursdays: 5:30AM-7AM; Saturday/Sunday: 7AM-9AM.  
**Bonus:** \$25 discount for MHRA members  
For those who have sweep rowing experience; learn to scull or improve your technique. Coached by Bill Davies, USRA Level II coach with over 30 years of rowing experience

**Fall Into Rowing: 2-day introduction to rowing** Two classes - **\$60**  
September 15 Tank session  
September 16 on-water, conditions permitting  
Saturday/Sunday 9AM-11AM

**How to enroll:** Send an email to [ltr@midhudsonrowing.org](mailto:ltr@midhudsonrowing.org), letting us know the class in which you'd like to enroll. We'll get back to you!

[www.midhudsonrowing.org](http://www.midhudsonrowing.org)

PO Box 683

Poughkeepsie NY 12602