

*Mid-Hudson Rowing Association announces... ..  
Fall Into Rowing  
..... a taste of rowing during our leaf-peeping season*



**What we've planned:**

**Saturday September 15<sup>th</sup>:** 9-11AM Indoor tank session at the boathouse learning the basics of rowing, followed by rowing by the dock & possible taste of river rowing.

**Sunday September 16<sup>th</sup>:** 9-11AM Coached rowing on the river.

Fee: \$60, inclusive of both days, paid in advance and non-refundable after start of sessions.

**Requirements:** 1) 18 yrs or older OR 14 years or older with a parent/guardian participating in the event with you. 2) Must be in good physical condition. Check with your doctor if you are uncertain. 3) Must be able to swim.

**How do you sign up?**

1. Contact our Learn To Row Coordinators by email: [ltr@midhudsonrowing.org](mailto:ltr@midhudsonrowing.org)

then

2. Mail a check for \$60, prior to the class, payable to Mid-Hudson Rowing Association, to:

Mid-Hudson Rowing Association  
PO Box 683  
Poughkeepsie NY 12602

For more information about our club, we invite you to explore it further on our website [www.midhudsonrowing.org](http://www.midhudsonrowing.org). You'll see plenty of pictures to pique your interest!