

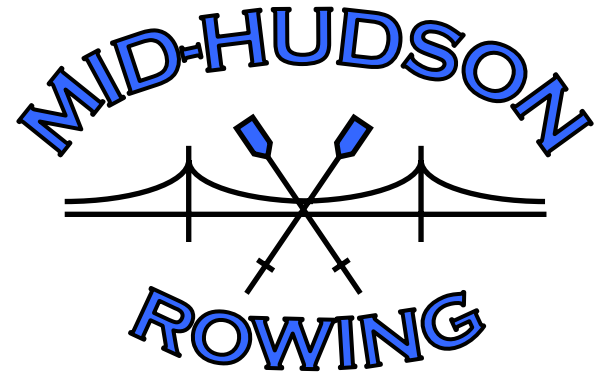


Mid Hudson Rowing Association  
Adult Learn to Row Programs



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

# Learn to Row with Mid Hudson



**Adult Community Rowing**  
P.O. Box 683, Poughkeepsie, NY 12602  
(845) 452-2970

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

## Mid Hudson Rowing Association

### Learn to Row Programs and Sculling Clinics

Fun on the historic Hudson River!

Experienced Adult coaches

Small classes, personal attention

Novices row with MHRA members

Experienced coxswains

Sweep rowing and sculling training offered

Private sculling lessons available

Row in eights, fours, doubles and singles

Eagle spotting from 6' off the water!

Classes offered in May, June and July

Call for 2010 dates

(845) 452-2970

New - Register and pay online!

Click on "learn-to-row" on our web site.

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



**Program fee:** \$150 per two-week session

**Program schedule:** Four days per week

Tuesday, Thursday, Saturday, Sunday

Weekday classes begin at 5:30 PM

Weekend classes begin at 7 AM

(All sculling clinic classes held in the morning –  
weekdays at 5:30 AM; weekends at 7 AM)

**Upon completion of Mid Hudson program:**

Receive discount on annual club membership

Receive MHRA water bottle

Continued coaching provided with membership

Row with experienced club members

Train to race or row for recreation