

Mid Hudson Rowing Association

Sculling
Sweep Rowing
Flexible Program Schedule
Range of Skill Levels
Singles, Doubles, Quad
Fours and Eights
Weekend & Weekday Sessions

Learn-to-Row Program
Sculling Clinic
Coached Sculling Sessions
Coxswain and Coach Training

Fun Events:
Potluck Dinners with Slideshows
Moonlight Row
Mills Mansion Row and Brunch
Boat-Care Sessions with Pancake Breakfast

Donations

MHRA is a non-profit 501(c)(3) organization. Equipment purchases are dependent on donations and fund raising activities. Donations are tax deductible and gratefully accepted.

www.midhudsonrowing.org

Mid Hudson Rowing Association

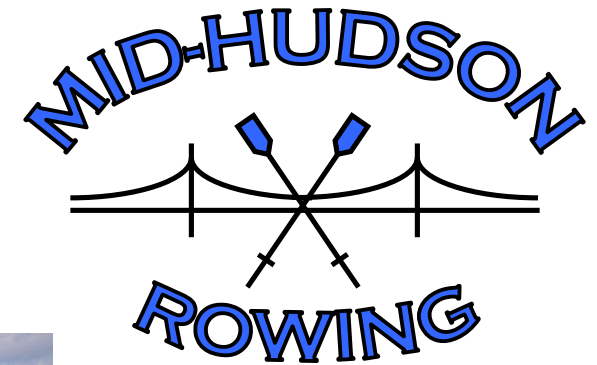


Contact us to purchase your copy of the Mid-Hudson Rowing Association production DVD:

“A History of Rowing on the Hudson River”

We also sell collectible rowing mugs & glasses.

Proceeds support scholastic rowing at the HRRR boathouse



Adult Community Rowing

Supporting adult and scholastic rowing in the Mid Hudson Valley

P.O. Box 683, Poughkeepsie, NY 12602



www.midhudsonrowing.org

Rowing Programs

The Mid Hudson Rowing Association season includes on-the-river rowing from April to November

Sweep Rowing Sessions

Saturday and Sunday 7:00-9:00 AM

Tuesday 5:30-7:00 AM

Thursday 6:00-7:30 PM

Additional sessions at coach's discretion

Sculling Sessions

Saturday and Sunday, 7:00-9:00 AM

Weekday mornings, 5:30-7:00 AM

Coached sculling: Monday, Wednesday, Friday

Learn-to-Row (LTR) Program

Sessions in June & July.

Sculling Lessons

Group classes and private lessons available

Clinic in July

Introduction to Rowing

Fall into Rowing in September

www.midhudsonrowing.org



Call for more information contact:
ltr@midhudsonrowing.org

www.midhudsonrowing.org

Membership and Program Fees

2017 Annual Membership

Individual: \$460 -Family: \$740

Monthly Membership: \$140

College student member: \$200

LTR sessions: \$150

Six day sessions start June 10th & July 8th

Bonus: \$75 off annual membership fee.

Fall into Rowing: \$60

September 16th & 17th

Fees applied to LTR sessions

Sculling Clinic: \$175

Six day session starts July 18th

Discount: \$25 for MHRA members.

Members can participate in

- 4 weekly coached sweep rowing sessions
- 3 weekly coached sculling sessions
- Special rows: Holiday, Moonlight, Mills Mansion
- Regattas & Local rowing/sculling skirmishes
- All MHRA events (riverside pancake breakfast, barbeque, yard sale, socials)

New members receive a club tee shirt

Installment payment options available.