



## Mid Hudson Rowing Association Learn to Row Schedule - 2025

Two ways to start your rowing experience with Mid-Hudson Rowing Association:



**Try Rowing!** Sample the basics of rowing in tanks and on the erg, and boat handling

**Free!**

June 7th 10:00 am-12:00 pm



**Learn to Row - Sweep rowing...start your rowing experience**

Eight classes - **\$175**

Tues & Thurs 5:30 - 7:00 am; Sat & Sun 7:00-8:30 am

1st Session: 6/10 - 6/22

2nd Session: 7/8 - 7/20

**Enrolling is easy.** Just send an email to [learntorow@midhudsonrowing.org](mailto:learntorow@midhudsonrowing.org) letting us know which class you're interested in, and we'll get back to you!



Connect with us

<https://midhudsonrowing.org/>

