

MID-HUDSON ROWING ASSOCIATION



2026 Learn-to-Row Schedule

TRY ROWING

During this 2-hour event you'll have the opportunity to learn the parts of a rowing stroke in on-land tanks and ergs (rowing machines). You will also get hands-on experience with a boat and oars.

DATE: May 30th, 2026

TIME: 1:00-3:00pm

COST: FREE

LEARN-TO-ROW

Our Learn-to-Row sessions are perfect for beginners. Learn the basics of rowing and boat handling from experienced coaches, build fitness, and become part of a welcoming club community.

JUNE SESSION:

June 9-21 (8 classes)

JULY SESSION:

July 14-26 (8 classes)

Tuesdays and Thursdays 5:30 – 7:00 am

Saturdays and Sundays 7:00 – 8:30 am

COST: \$175/session

Enrolling is easy! Simply email learntorow@midhudsonrowing.org to let us know which class you're interested in, and we'll be in touch with next steps.



www.midhudsonrowing.org