



Learn the fundamentals of the sport of rowing.

A four week class for adults age 18 and up will cover everything needed to row a single sculling boat confidently and independently.

Classes are held at Island MetroPark boat house and on the beautiful Great Miami River.

124 East Helena Street
Dayton, Ohio



Rowing is:

- Smooth, rhythmic, and impact-free.
- Time efficient workout.
- Exercise for all major muscle groups.
- Anaerobic and aerobic conditioning.
- Excellent way to view wildlife on the river.

Rowing is a lifelong sport for all ages!

Learn-to-Row Courses

Consist of eight(8) two(2)-hour lessons.

ATTENDANCE OF ALL CLASSES IS REQUIRED.

Classes are taught by experienced rowers who explain and demonstrate the fundamentals of rowing technique, equipment, boat handling, local traffic patterns, and safety rules.

Completion of all lessons and a competency test must be passed to earn a graduation certificate. A successful completion includes a membership in the GDRA for the remainder of the year. Thereafter, membership is renewed annually.

Class Fee: \$300.00 fees are non-refundable

Register on-line at:

www.RegattaCentral.com

Go to the Learn-to-Row tab and find Greater Dayton Rowing Association, Click on Adult - Learn-to-Row

May / June Courses

Mon/Wed, 6pm to 8pm – 5/22 thru 6/14
Tues/Thurs, 6pm to 8pm – 5/23 thru 6/15
Sat/Sun, 12pm to 2pm – 5/27 thru 6/18

June / July Courses

Mon/Wed, 6pm to 8pm – 6/26 thru 7/19
Tues/Thurs, 6pm to 8pm – 6/27 thru 7/20
Sat/Sun, 12pm to 2pm – 7/1 thru 7/23

July / August Courses

Tues/Thurs, 6pm to 8pm – 8/1 thru 8/24
Sat/Sun, 12pm to 2pm – 8/5 thru 8/27

Make up classes will be scheduled in event of poor weather or river conditions

Participation Prerequisites

In order to successfully learn to row, you must have good balance and overall physical mobility, as well as the ability to:

Swim, Lift 25 lbs. over your head and do deep knee bends

Questions? Contact Brian White at 937-602-4081 or adultttdirector@daytonrowing.org

daytonrowing.org