



## 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](http://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 - 5/21 thru 6/13  
Tues/Thu, 6pm to 8pm - 5/22 thru 6/14  
Sat/Sun, 12pm to 2pm - 5/26 thru 6/17

### June / July Courses

Mon/Wed, 6pm to 8pm - 6/25 thru 7/18  
Tues/Thu, 6pm to 8pm - 6/26 thru 7/19  
Sat/Sun, 12pm to 2pm - 6/30 thru 7/22

### July / August Courses

Mon/Wed, 6pm to 8pm - 7/31 thru 8/23  
Sat/Sun, 12pm to 2pm - 8/4 thru 8/26

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 [adulttrdirector@daytonrowing.org](mailto:adulttrdirector@daytonrowing.org)

**[daytonrowing.org](http://daytonrowing.org)**