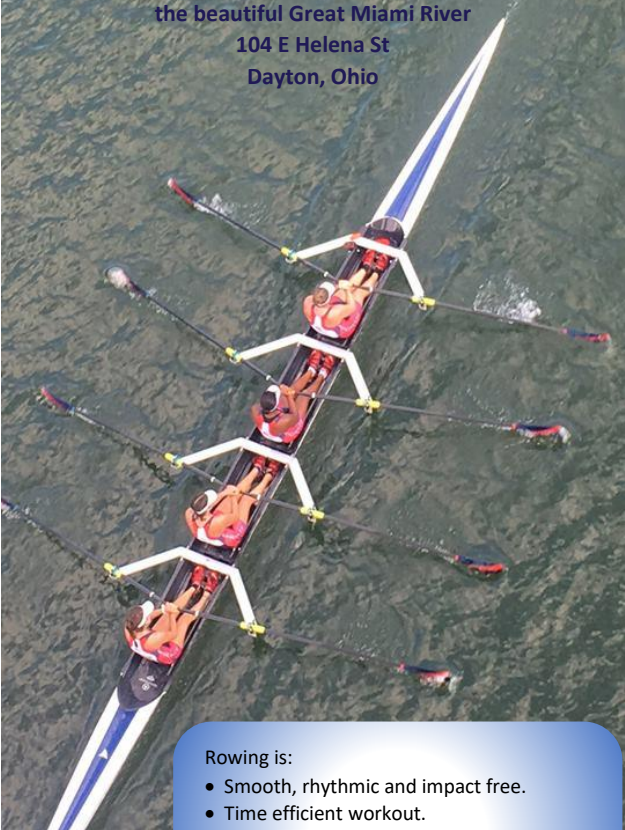


Want to learn how to row but don't know how to get started? Learn the sport's fundamentals with our exciting new Learn To Row (LTR) options. Prior rowing experience is not required.

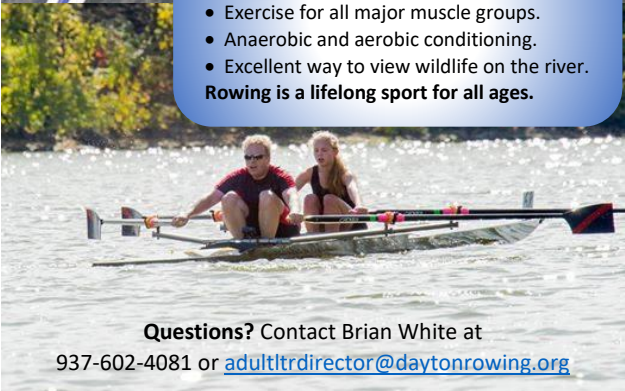
Classes are held at Island MetroPark boat house and on the beautiful Great Miami River
104 E Helena St
Dayton, Ohio



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 Scull

Eight 2-hour Saturday/Sunday classes starting in a quadruple scull with an experienced instructor and advancing to a single scull rowing on your own. Sessions will be held on four consecutive weekends from 10AM-noon.

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.

June Session

Saturday, June 17 & Sunday, June 18 10AM - Noon

Saturday, June 24 & Sunday, June 25 10AM - Noon

Saturday, July 1 & Sunday, July 2 10AM - Noon

Saturday, July 8 & Sunday, July 9 10AM - Noon

July Session

Saturday, July 1 & Sunday, July 2 10AM - Noon

Saturday, July 8 & Sunday, July 9 10AM - Noon

Saturday, July 15 & Sunday, July 16 10AM - Noon

Saturday, July 22 & Sunday, July 23 10AM - Noon

As Arranged

If neither of these sessions is convenient for you, contact Brian White, GDRA's Adult Learn to Row Director at 937-602-4081 or adultltrdirector@daytonrowing.org and arrange a time that works with your schedule.

Class Fee: \$180.00 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

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 adultltrdirector@daytonrowing.org

daytonrowing.org