

# ST. LOUIS ROWING CLUB



## LEARN TO ROW

An introduction to the sport of rowing by the St. Louis Rowing Club for men and women of all ages. Class sessions are available each summer in June, July and August. Each session includes ten lessons spread out over a month. In this class, you will be introduced to:

- Benefits of rowing
- Building strength • Teamwork • Fitness
- Correct rowing technique • Boathouse and facilities
- Equipment used in rowing • Proper boat and equipment handling

Instruction begins with a brief history, tour and discussion of rowing terminology, technique, and safety. After learning the basics of the rowing stroke on an indoor rowing machine, you will get "hands-on" experience in an eight person shell. Following a brief lesson at the dock, you will push off and head out to open water. Lessons will then be focussed on proper body position and movement, building boat speed, and working together as a crew. This is a unique opportunity to improve your health, make new friends, and spend quality time at beautiful Creve Coeur Lake. You might even get up close and personal with a large carp, but don't worry, they don't jump in the boats too often.

**Your Learn To Row fee includes a free membership in the club for the remainder of 2009.**

See page 2 of this pdf for registration form.

## Learn To Row Schedule for 2009

### Session I

MAY		JUNE																	
SAT 30	9-11am	MON 1	6-8pm	WED 3	6-8pm	MON 8	6-8pm	WED 10	6-8pm	SAT 13	9-11am	MON 15	6-8pm	WED 17	6-8pm	MON 22	6-8pm	WED 24	6-8pm
		Lake is closed June 6th.								St. Louis Gateway Regatta - June 27th.				Lake is closed June 18th - 21st.					

### Session II

JUNE		JULY																	
TUE 30	6-8pm	THU 2	6-8pm	TUE 7	6-8pm	THU 9	6-8pm	SAT 11	9-11am	TUE 14	6-8pm	THU 16	6-8pm	TUE 21	6-8pm	THU 23	6-8pm	SAT 26	9-11am
		No class July 4th.								Lake is closed July 17th - 18th.									

### Session III

AUG																			
SAT 8	9-11am	MON 10	6-8pm	WED 12	6-8pm	SAT 15	9-11am	MON 17	6-8pm	WED 19	6-8pm	SAT 22	9-11am	MON 24	6-8pm	WED 26	6-8pm	SAT 29	9-11am
Lake is closed July 30 - Aug 3rd.																			

For more information call 314-434-8299 or email [stlouisrowing\\_info@yahoo.com](mailto:stlouisrowing_info@yahoo.com)

Keep up with current information and date changes at [www.stlouisrowingclub.com](http://www.stlouisrowingclub.com)

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Space is limited. Please indicate the sessions which you can attend in order of preference. Return this form along with a check for \$250.00 payable to the St. Louis Rowing Club to:

St. Louis Rowing Club  
 PO Box 411094  
 St. Louis, MO 63141

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 e-mail: \_\_\_\_\_

Session I \_\_\_\_ May 30 - June 24, 2009  
 Session II \_\_\_\_ June 30 - July 25, 2009  
 Session III \_\_\_\_ Aug 8 - Aug 29, 2009

Under 18?  Yes  No

**Your Learn To Row fee includes a free membership in the club for the remainder of 2009.**  
 See day to day schedule on page 1 for exact class days and lake closures.

