

## *Winter Learn to Row*

An introduction to rowing for men and women of all ages.

The course is divided into three phases and includes instruction on indoor rowing machines and on-the-water training.

**Phase I....** Classes on rowing fundamentals and rowing technique take place over ten successive classes, which last about an hour and a half. They are held at our boathouse at Creve Coeur Lake.

**Phase II....** Until the weather gets warm enough to row on the lake, students have the opportunity to practice indoor rowing with our experienced adult rowers during their regularly scheduled, coached workout sessions.

**Phase III....** Once the weather breaks, we schedule weekend classes during which you'll put your new skills to the test on the water.

This year's winter class is now over; please consider our summer learn-to-row programs, or check back here late this year for details about the next winter session, which will start between late January and mid-February.