

Introductory Learn to Row Workshops

The St. Louis Rowing Club, in conjunction with Washington University Crew and the St. Louis County Parks Department, hosts a series of learn to row workshops. These are being offered to give the St. Louis community an inexpensive way to get some real rowing experience, and find out more about the sport. During the 3 hours workshop, you will:

- Find out about the history of rowing in St. Louis
- Learn all the benefits of rowing – including building strength, fitness and teamwork
- Tour our boathouse and facilities
- Get a close look at all the equipment used in rowing
- Receive instruction on proper rowing technique and form
- Use our indoor rowing machines to familiarize yourself with correct rowing technique
- Learn the terms and phrases associated with rowing
- Receive instruction on proper boat and equipment handling
- Be part of a crew and take a tour of Creve Coeur lake in a real rowing shell – experience rowing for yourself!

In order to participate in the workshop, you must be at least 13 years old. All children under the age of 18 must have parental consent. Everyone will be required to sign a release of liability (including parent signature if applicable). You/your parent can sign a waiver at the workshop or [download one here](#), sign it and bring it with you. Please also note: In order to participate in rowing – you must meet a swim requirement. Participants must certify that they are able to tread water for 10 minutes and swim 100 yards. If you cannot meet this requirement, you may still go on the water in one of our coaching launches wearing a life preserver (pfd). Due to the nature of rowing, it is not possible to row while wearing a pfd.

Workshop/Boathouse Location: 13777 Marine Ave, Maryland Heights, MO 63043
(Near the Creve Coeur Park/Sailboat Cove parking lot)

Workshop dates:

Saturday, April 19, 2008	12pm & 3pm
Saturday, May 3, 2008	12pm & 3pm
Sunday, June 8, 2008	12pm & 3pm

You are encouraged to sign up in advance by contacting the St. Louis Rowing Club at: 314-434-8299 or stlouisrowing_info@yahoo.com. You may also sign up for a workshop at least 30 minutes prior to the start time at the boathouse. However, participation will be limited to 12 people per workshop and will be done on a first come, first served basis.

If you would like more information, or to check availability for a given workshop date, please contact us at the above phone/email address.