

Start Your New Year with a NEW Sport!

Register NOW for February 2019 Adult Learn-to-Row



Join us at the beautiful Creve Coeur Lake for an introduction to the sport of rowing by the St. Louis Rowing Club for adult men and women.

Our NEXT session begins Tuesday, February 5, and consists of 10 classes spread out over a month. Classes are held Tuesdays and Thursdays 7:30-8:30pm continuing through Thursday, March 7.

You will be introduced to: Benefits of rowing: • Building strength and fitness • Teamwork • Correct rowing technique • Boathouse and equipment used in rowing • Proper boat and equipment handling

In this session, you will learn the basics of the rowing stroke on an indoor rowing machine with a focus on proper body position and movement, power application and the essentials for transitioning onto the water.

Each 10-class session is just \$290, and includes membership through June 2019. To secure your spot, REGISTER NOW at:

stlouisrowingclub.com/learn-to-row

For more information, call 314-434-8299 or email registrar@stlouisrowingclub.com.

