

Start Your Summer with a NEW Sport!

Register NOW for 2019 Summer 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 sessions will be offered in June, July and August and consist of 10 classes spread out over a month. Classes are typically at 6:00-8:00pm (either Tues/Thurs or Mon/Wed) and 10:00am-12:00pm Saturday. Specific dates and days for these sessions will be announced in late Spring 2019.

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 December 2019. REGISTER NOW to RESERVE your spot. Space is limited.

stlouisrowingclub.com/learn-to-row

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

