

LEARN! to ROW!

 total body
aerobic
non-impact
sport



Session 1 – May 20, 2008

Session 2 – July 1, 2008

\$500 fee includes 2008 membership to the Cincinnati Rowing Club (*allowing graduates to row through the fall season with other graduates & members*)

The first 2 weeks will be indoors on ergometers and in the rowing water tank to learn basics and sculling technique. Thereafter students will row on the Licking River in four-person shells. STUDENTS MUST BE ABLE TO SWIM. Upon class completion students can row independently in multiple person boats.

for more info, contact Jim Jorden at ltr@cincinnatirowing.com