

Summer 2023



fitness
fun
competition

CorvallisRowingClub.org

Beginning Rowing Classes

Beginning Rowing I

Wed., July 19 – Mon., July 31, 2023

2 weeks (Mondays, Wednesdays, & Fridays)

6 classes

Covers the basics of rowing and equipment handling: using an erg (rowing machine) effectively, working on technique in the OSU rowing tank, learning to handle the equipment, and getting on the water.

Beginning Rowing II

Mon., Aug. 7 – Fri., Aug. 18, 2023

2 weeks (Mondays, Wednesdays, & Fridays)

6 classes

Continuing where we left off, participants will get lots of rowing practice and coaching on the water as well as in the rowing tank and on the ergs. The coaches' emphasis will be on technique and timing.

Details

For more information contact CorvallisRowingClub@gmail.com

Minimum age: 21

To register visit CorvallisRowingClub.org

Cost: \$125 each session