

Beginning Rowing Classes

Summer 2024



fun
fitness
competition

CorvallisRowingClub.org

Beginning Rowing I

Mon., July 8 – Wed., July 24, 2024

3 weeks (Mondays & Wednesdays)

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., July 29 – Wed., Aug 14, 2024

3 weeks (Mondays & Wednesdays)

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