

Summer 2022



fitness
fun
competition

CorvallisRowingClub.org



Beginning Rowing Classes

Beginning Rowing I

July 11 – July 27, 2022

3 weeks; Mon & Wed; 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

August 1 – August 12, 2022

2 weeks; Mon/Wed/Fri; 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 pamtrimmer@gmail.com

Minimum age: 21

To register visit CorvallisRowingClub.org

Cost: \$125 each session