

# Beginning Rowing Classes

Summer 2025



[CorvallisRowingClub.org](http://CorvallisRowingClub.org)

## Beginning Rowing I

**Mon., July 7 – Wed., July 23, 2025**

**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 28 – Wed., Aug 13, 2025**

**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 [learn2rowcrc@gmail.com](mailto:learn2rowcrc@gmail.com)

**Minimum age: 21**

To register visit [CorvallisRowingClub.org](http://CorvallisRowingClub.org)

**Cost: \$125 each session**