

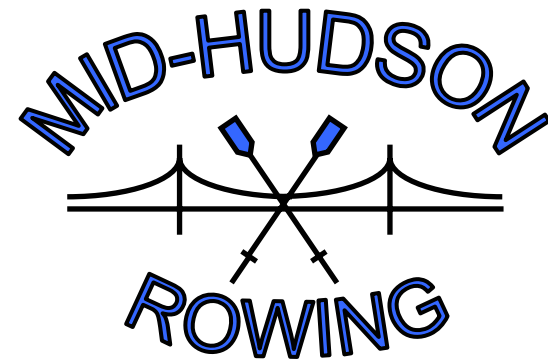


Mid Hudson Rowing Association
Learn to Row
and Sculling Clinics



www.midhudsonrowing.org

Learn to Row with Mid Hudson



Adult Community Rowing
P.O. Box 683, Poughkeepsie, NY 12602
(845) 452-2970

Fun on the beautiful Hudson River!
Small classes, personal attention
Sweep rowing and sculling training offered
Private sculling lessons available

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Mid Hudson Rowing Association

Learn to Row Program and Sculling Clinics

Experienced Adult coaches, with MHRA members assisting
Row in eights, fours, doubles, singles and quad
Eagle spotting from 6' off the water!

2011 Learn to Row (LTR) Schedule

May LTR - Early Bird - new this year!

For those who just can't wait to get started
Four classes (\$85): Thursday 5/19 5:30 PM,
Saturday 5/21 7:00 AM, Sunday 5/22 7:00 AM,
Tuesday 5/24 5:30 PM

June and July LTR

Our traditional program of eight classes in a two-week period
Provides more practice and coaching time than our "Early
Bird" session to improve your skills
Offers 50% of the LTR fee back towards our annual individual
membership fee

Session I (\$150): Tuesdays and Thursdays at 5:30 PM,
Saturdays and Sundays at 7:00 AM
Begins June 7 and ends June 19

Session II (\$150): Tuesdays and Thursdays at 5:30 PM,
Saturdays and Sundays at 7:00 AM
Begins July 12 and ends July 24



Upon completion of Mid Hudson program:

Join us and row with experienced MHRA club members

Row for recreation and exercise

Enjoy our annual Mills Mansion Row and Brunch

Fill a seat in a Moonlight Row

Participate in a fall Head race

Additional coaching provided to all members

Receive discount on annual club membership

(Discount not applicable following "Early Bird" session)

2011 Sculling Clinic will be held in July
Six morning classes (\$150) – call for dates
(845) 452-2970

Register and pay online!

Click "learn-to-row" or "sculling" on our web site

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