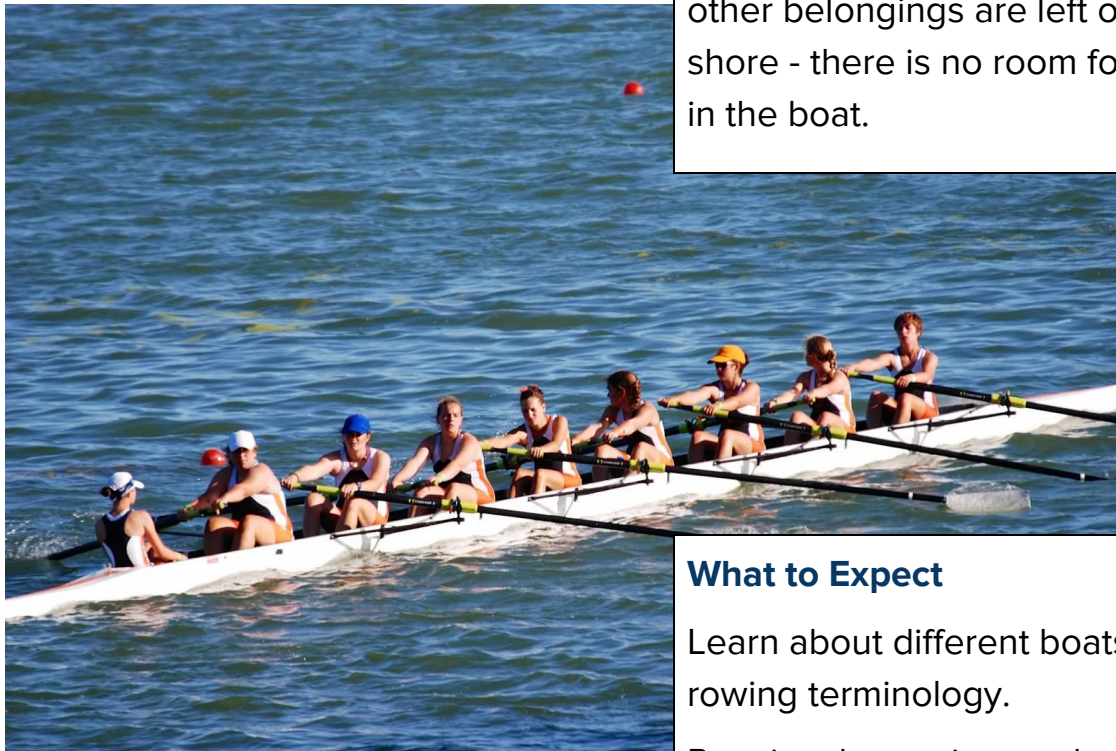


Albany Rowing Center TRY-ITs EVENT.

No tryouts, only try its.

Try rowing.

- No experience needed
- 6th thru 12th Grades
- All are welcome!



What to Wear

Comfortable exercise clothes suitable for the weather. Bring drinking water. Backpacks and other belongings are left on shore - there is no room for them in the boat.

What to Expect

Learn about different boats and rowing terminology.

Practice the rowing stroke on a stationary rowing machine.

Get in a boat and go out on the River.

When: August 26th-30th, 4:00-6:30 pm

Where: ARC Boathouse

Registration:

<https://www.albanyrowingcenter.org/register.php/>

Cost : Free

For more information, including directions to the boathouse, visit our website or e-mail

info@albanyrowingcenter.org

ALBANY ROWING CENTER

*Providing recreational and competitive rowing opportunities for youth and adults
in New York's Capital District.*

www.albanyrowingcenter.org

