

## About Albany Rowing Center

Albany Rowing Center (ARC) was founded in 1984 as the Organization of Adirondack Rowers and Scullers (OARS). ARC is a not-for-profit organization that fosters interest in, and provides opportunity for, rowing in New York's Capital District area. ARC rowers include students in grades 8 through 12 and adults in all age groups. Our programs attract rowers with a wide range of rowing ability from novice to experienced.

ARC is a volunteer organization and relies upon the energy and talents of its members to provide a quality sports program to the community. Programs are planned and developed by the Head Coach/Program Director, along with a volunteer Board of Directors elected by the members. Funding for ARC programs comes from a variety of sources including member dues, sponsorships, and fundraising events.



## If you join...

ARC rows out of the City of Albany Boat Shed in the Hudson River Corning Preserve and shares both the boathouse and the docks with other recreational users of these facilities. If you join, you can expect to be welcomed onto the team, challenged by the sport, and encouraged to steadily improve your skills, whether for that competitive edge or for recreational enjoyment.



### Contact Us

#### Adults

Masters: [adultsrowing@albanyrowingcenter.org](mailto:adultsrowing@albanyrowingcenter.org)

Learn to Row: [adult\\_LTR@albanyrowingcenter.org](mailto:adult_LTR@albanyrowingcenter.org)

#### Juniors and Camps

#### Head Coach/Program Director

[MMacMinn@albanyrowingcenter.org](mailto:MMacMinn@albanyrowingcenter.org)

#### General Information

[info@albanyrowingcenter.org](mailto:info@albanyrowingcenter.org)

### Albany Rowing Center

P.O. Box 857  
Albany, NY 12201-0857

[www.albanyrowingcenter.org](http://www.albanyrowingcenter.org)

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## Albany Rowing Center

## Albany's Community Rowing Center



### Information on ARC and its Programs

**ALBANY**  
  
**ROWING CENTER**



# Albany Rowing Center Programs

## Welcome to ARC

Congratulations! You've taken the first step toward enjoying the benefits of rowing and becoming a member of the Albany Rowing Center.

Rowing is the ultimate total body workout, working all the major muscle groups, increasing cardiovascular capacity, improving posture and coordination, and strengthening core muscles.

Rowing with our club affords the opportunity to be part of a team, develop and improve skills, take part in competitive rowing, and row for fun and exercise in a recreational setting.

## How to Join

ARC has a variety of programs for both adult and junior rowers. If you're interested in learning to row, or if you're already a rower looking for a club to join, check out our website or contact one of our program liaisons listed on the back of this brochure.



[www.albanyrowingcenter.org](http://www.albanyrowingcenter.org)

## Adult Programs

ARC adult programs include both competitive and non-competitive training for new and experienced rowers.

- ◆ Masters Rowing: morning and evening practices available
- ◆ **Learn to Row:** one month sessions; 3 levels of training; April through August.



## Winter Training for All

Indoor training on ergometers is offered from January through March at our winter training facility in downtown Albany.

## Junior Programs

ARC offers a competitive rowing program for students in grades 8 through 12.

- ◆ On-water rowing March through October
- ◆ Compete in regattas across the northeast.



**Summer Camps** provide a fun and relaxed introduction to rowing.

- ◆ Weekly sessions late June through early August
- ◆ Monday through Friday from 9:00 AM til noon.

