



Adult Learn-to-Row

Why should I learn to row?

- Rowing offers a **full-body workout** using your legs, back, core muscles and arms
- Rowing is a **low-impact** form of exercise that requires a combination of precise timing, powerful leverage, and a good sense of balance to move a 12' oar through the water
- Because it is a low-impact sport, **anyone, at any age and fitness level, can learn to row!**

What will I learn?

- **Sweep rowing** (every rower has one oar)
- **Sculling** (every rower has two oars)
- **Water safety**
- Proper technique for rowing as **part of a crew**

Where can I learn to row?

Classes are held at the **Albany Rowing Center Boathouse in the Corning Preserve.**

When does the Adult Learn to Row program start?

Our fall **six-week** session will be held on **Monday and Wednesday evenings from 6:00pm to 7:30pm from September 9 until October 16.**

How much does it cost?

The cost for the six-week session is \$250.

What happens after the Learn to Row program ends?

Adults can join one of our **Masters Winter Training Programs** (mornings or evenings). In the spring, you can progress into our **Novice program** on **Tuesday and Friday evenings from 6:30pm to 8:00pm and Saturday morning from 10:00am to 12:00pm.**

Who teaches the Learn-to-Row program?

Classes are taught by **experienced coaches** from Albany Rowing Center.

Who should I contact if I have more questions?

Email us at info@albanyrowingcenter.org or come visit us during one of our **Open Houses** on **Saturday, August 24** or **Saturday, September 7** from 10:00am - noon.

Register to Row at: <https://www.albanyrowingcenter.org>

Scholarships are available for underrepresented minorities for all programs. **Get fit, have fun!**