



INTERESTED IN TRYING A NEW SPORT THIS SUMMER? **LEARN TO ROW WITH SHAKER CREW !**

Shaker Rowing Association is offering 3 two week “**Learn to Row**” sessions this summer, which serve as a great starting point for anyone interested in checking out the sport. Participants are taught the fundamentals of the stroke and are introduced to basic drills used to coordinate movements within the boat. **Emphasis is on learning in a fun, pressure free environment.**

SESSION I - 6/29 to 7/10 • SESSION II - 7/13 to 7/24 • SESSION III - 7/27 to 8/7



Requirements

- Any student entering grades 7 through 12 (as of Fall 2009)
- Must pass a swim test (150 meter swim, tread water for 10 min, put on life jacket in water)

Sessions meet at Corning Preserve, 9:00 am - 11:30 am, Monday - Friday. Cost is \$195 per session

Register for More than One Session and SAVE

Register for a 2nd session - pay **only \$125** for the second session!

Register for a 3rd session - pay **only \$100** for the third session!

Registration

Register on-line at www.shakercrew.org – click on **REGISTRATION** to get started. Payment can be made by credit card or check. Registration and session details can be found on our web site.

Questions

Visit www.shakercrew.org or contact Paula Hough, registrar, at 786-9103 for information.

TRY it FREE at the NATIONAL LEARN TO ROW DAY on June 6th

Come to the Shaker/ARC Boathouse in the Corning Preserve, Albany to learn about the sport of rowing. Activities are free, open to the public, includes rowing workshops off and on the water. Visit www.shakercrew.org for details.

HOPE TO SEE YOU THERE !