

Learn To Row - Intro



Interested in Rowing but not sure if it's 'right' for you? Not sure if you have the time or fitness to join in a fun sport? We have the answer....Saturday morning...3 hours, "Learn to Row Intro" class. The perfect opportunity to look into the world of rowing.

Experienced members of the Rowing Association will introduce you to a fun and informal look into the sport of rowing in Wichita.

Dates: 4/5; 5/3; 6/7; 8/2; 9/6; 10/4 (first Saturday April – October)

Time: 9:00 AM to Noon

Location: BG Boathouse, 300 West Indianapolis, Wichita, (2 blocks S. of Kellogg @ Ark River) Near BG Products Offices and factory.

Cost: \$19 per class – fee applies toward WRA club membership

The "Intro" class is designed for people of all ages, sizes and fitness levels. No previous knowledge or experience is needed. This class is perfect as a warm up for other rowing classes held throughout the year...where you can continue to learn the skill of rowing.

Wear casual sports shorts and tops, in layers (you may break out in a sweat!) and Tennis shoes or Sneakers (no jeans or sandals) this is a 'hands on' fun class. Bring water to drink and sunscreen if it sunny.

Tour the boathouse and examine all the different types of boats. Learn the language of rowing and the watch a demonstration video. Everyone can be taught the correct rowing style on the indoor rowing machines. Finally, a unique opportunity to sample a row on the Arkansas River in a boat with experienced rowers.

Don't just sit there, sign up now and become part of a fun, healthy, unique sport. Go to www.wichitarowing.org for forms and instructions or contact LaDonna Radermacher at 683-0540 lraderna@sbcglobal.net. Mail your registration form and check today. All class members must be registered to participate.

