

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

Dates: Saturdays, 4/17; 5/22; 6/26; 7/24; 8/28 (Spring/Summer 2010)

Time: 9:00am to Noon

Location: Begins at Park Villa, ends at Riverside Tennis Center handball courts

Cost: \$19 -applies in full 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.

Examine all the different types of boats. Learn the language of rowing and watch a demonstration video. Practice correct rowing style. River conditions permitting, you'll even get a unique opportunity to sample a row on the Arkansas River in a boat with experienced rowers.

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

Don't just sit there, sign up now and become part of a fun, healthy, unique sport. Registration form available in the spring and summer Park and Recreation Class Schedules at <http://www.wichita.gov/CityOffices/Park/> Please include your e-mail address when registering. All class members must be registered to participate and able to pass a swim test. More information at www.wichitarowing.org

