

# Learn To Row - Sculling



Learn to row a sculling boat in five classes. The Wichita Rowing Association will be holding classes to teach individuals how to master this fun and challenging sport.

## **Session Dates:**

- April 30, May 1, 3, 5, 8
- June 4, 5, 7, 9, 12
- July 9, 10, 12, 14, 17
- August 6, 7, 9, 11, 14
- September 10, 11, 13, 15, 18

**Time:** Fri 6-8P, Sat 9-12, Mon & Wed 6-8P, Sat 9-12

**Location:** The west end handball courts at the Riverside Ralph Wulz Tennis Center at 551 Nims Street. (Park in the tennis center parking lot next to the tennis dome and walk along the river to the boat racks and dock facing the Wichita Art Museum at the west side of the tennis courts.)

**Cost:** \$79 per session (5 classes)- applies in full toward WRA club membership

The sculling class is designed for people of all ages, sizes and fitness levels. No previous knowledge or experience is needed. An experienced Instructor is on hand to guide you through the class. This class will start with an introduction to rowing and a hands-on view of our shells. You'll learn the language of rowing and the different parts of the boats. Proper form and technique are demonstrated and practiced. Of course, we have scheduled plenty of time to row our boats (designed for beginners) on the river.

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 and interesting 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](http://www.wichitarowing.org)

