

# Learn To Row - Sweep



Learn to row during our summer classes. The Wichita Rowing Association will be holding classes to teach individuals how to master this fun and challenging sport.

**Dates:** Session 1 - May 28, 30, 31 & June 2, 4, 6, 9, 11, 13; Session 2 - June 16, 18, 20, 23, 25, 27 & July 7, 9, 11; Session 3 – July 14, 16, 18, 21, 23, 25, 28, 30 & Aug 1 Session 4 – Aug 4, 6, 8, 11, 13, 15, 18, 20, 22.

**Time:** 7:00 – 9:00 AM

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

**Cost:** \$100 – per session (9 classes) – Includes rowing T-shirt and fee applies toward WRA club membership

This rowing class is designed for people of all ages, sizes and fitness levels. No previous knowledge or experience is needed. This class will start with a tour of the boathouse and a close view of the club boats. Instruction on the care and handling of the boats and river safety are covered before moving to the water. The correct rowing technique is taught on the indoor rowing machines, prior to rowing in the club's 4 and 8 seat boats on the Arkansas River.

Wear casual sports shorts and tops, in layers (you may break out in a sweat!) Tennis shoes or Sneakers (no jeans or sandals) this is a 'hands on' fun and interesting class. Bring water to drink and sunscreen if it's sunny. Learn the language of rowing and watch a demonstration video. An experienced Wichita Rowing Association Coach and experienced Rower will be on hand to guide you through the class.

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

