

NEW!

LRC Rowing Instruction Classes

Do you enjoy rowing in a group setting?

**Do you want to learn and develop your
rowing skills?**

Do you want feedback from a coach?

*We are excited to offer coached rowing classes
this fall for LRC members!*

Dates: Sept – Oct 2017

Head Coach: David Hall



Classes include:

- Technical instruction
- Video feedback
- Drills
- Practice in a group setting with other club members
- Opportunity for 2 sessions per week for 2 months

There are two programs to choose from:

1. SCULLING:

Tuesday and Saturday, Sept 5 thru Oct 31.

Tuesday 6-8pm. Saturday 7-9am.

Cost: \$125.

2. SWEEP:

Wednesday and Saturday, Sept 6 thru Nov 1.

Wednesday 6-8pm. Saturday 7-9am.

Cost: \$125.

- Will not meet on Saturday October 14th (Chattanooga Head Race)
- Classes are intended for LRC members - this is separate from Learn to Row

Please contact LoisAnn Shannon (dancingcello@gmail.com) or Allison Colberg (AClbrg22@gmail.com) to register or if you have questions. Registration deadline is Friday, August 25.