

# LEARN TO ROW 2020



## HAMPTON ROADS ROWING CLUB

Learn to Row is returning this summer! Initially, the class will teach you to scull (2oars), but will also give you a taste of sweep (1 oar). There will be one coach in a safety launch with you at all times, so you will always have someone nearby to work with you. The class includes eight 2hr sessions and will teach the fundamentals of rowing. \$250.00/person, will include a membership for the remaining calendar year.

### CLASS SCHEDULE

Session 1:

April 18,20,22,25,27,29,5/2,5/4

Session 2:

June 13,15,17,20,22,24,27,29

\*\*Session 2B\*\*

June 14,16,18,21,23,25,28,30

Session 3:

Sept 12,14,16,19,21,23,26,28

Cost \$250/Person

\$100 Deposit Secures Your Spot

### CONTACT

Location:

HRRC Boathouse

Lakewood Park

1650 Willow Wood Dr

Norfolk, VA 23509

Email: [learntorow@hrrc.net](mailto:learntorow@hrrc.net)

Registration and Info:

<http://www.hrrc.net/programs/ltr>

### CLASS TIMES

Weekday evening sessions  
will be from 5:45-8:00pm.

Weekend morning sessions  
will be from 8:00-10:00am.

\*\*Make up classes will be  
scheduled in the event of  
poor weather conditions\*\*