



Learn to Row with the Killer Bees Rowing Club

Bee-ginner Rowing Program



6 sessions, Mon and Thursday evenings, 5:30 to 7:00PM

First class: Mon Aug 11, Last class: Thursday Aug 28

- Have you seen the rowing shells go by on the lake and wanted to try it?
- Looking for high-energy, low-impact workouts?
- Do you have a son or daughter who rows crew and you would row also?
- Would you like to be involved in a true team sport?

Killer Bees Rowing Club's Bee-ginner Rowing Program is a great starting point for anyone interested in the sport. Learn the basics of Sweep Rowing in this class for new rowers. No experience necessary, but participants **MUST** be able to swim well, and be ready for a workout!

Participants will be taught the fundamentals of sweep rowing (one oar per person) in an 8-person shell. Bee-ginners will learn the basics of the rowing stroke through basic drills and coached practices. Emphasis is on learning while getting exercise and having fun.

This rowing program is open to anyone aged 18 or over. In order to row, participants **MUST** know how to swim well, and must complete a waiver. This class meets 6 times over a three-week period, 2 classes per week. The success of the crew depends on all Bee-ginner rowers showing up for all sessions. Classes will be held rain or shine. If the coach determines that conditions are unsafe, e.g. lightning, high winds, the coach will hold an indoor session or schedule a make up session. Class includes a coach in a chase boat and a coxswain for all sessions. This class must have (7) participants enrolled in order to run, and the maximum is (9). Once the class is full, names will go onto a waiting list. Application, waiver and payment must be received by the beginning of the first session. Refunds will only be given after the conclusion of the first session, upon request.

Cost: \$147 (\$117 for Killer Bees Rowing Club Members)

Where: from Regatta Point Boathouse, Worcester, MA

To register for this program or to get more information, please email us at row@killerbeesrowingclub.org, or call Anita at 978-808-1102.

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