



SRRA



presents the annual

Learn to Row Experience!



photo courtesy of Chad Nelson

Spokane River Rowing Association (SRRA) is the area's local rowing club. Founded nine years ago, we have introduced many new rowers to this wonderful sport. Some of our members row simply for fun, while others are more competitive and compete in races. SRRA welcomes male and female rowers over the age of 18. The current ratio of male to female is 50/50 and we have rowers that range in ages 18 to 60+.

Don't make excuses, this is the year that you push yourself to new goals, and new experiences. Sign up for Learn to Row today!

Class Schedules

- Class 1: Monday / Wednesday
6:00pm - 7:30pm
June 13th - 29th Plus Sat. July 2nd
- Class 2: Monday / Wednesday
6:00pm - 7:30pm
July 11th - 27th Plus Sat. July 30th
- Class 3: Tuesday / Thursday
6:00am - 7:30am
July 12th - 28th Plus Sat. July 30th
- Class 4: Monday / Wednesday
6:00pm - 7:30pm
Aug. 1st - 17th Plus Sat. Aug. 20th

Overview

- Four available classes
- Seven lessons per class
- Taught by highly skilled coaches
- Learn with other new rowers
- Full body exercise
- Build strength and endurance
- Both men and women wanted
- Ages 18 and up
- Only 20 spots available per class
- No equipment needed

Only \$120



www.spokanerowing.org

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