



# Williamsburg Boat Club



## 2019 LEARN TO ROW CLASSES

**Are you looking for a great overall cardiovascular workout?**

**Do you want to try a new fitness experience?**

**Are you interested in spending more time on the water?**

**Then the Williamsburg Boat Club's Learn to Row class is for you.**

### **WHAT DOES THE CLASS ENTAIL?**

The Learn to Row class consists of outdoor sessions where participants learn the basics of rowing on the water as part of a 4 or 8 person crew.

### **WHEN AND WHERE?**

The 6 class sessions will be held over a 3 week period on the following dates:

– **Sundays – 1:00 – 3:00 pm**

September 8, 15, 22, & 29

– **Mondays – 5:45 – 7:45 pm**

September 9, 16, & 23

**Chickahominy Riverfront Park –**

1350 John Tyler Hwy (Route 5).

### **HOW MUCH?**

The cost of the class is \$145.00  
(Includes WBC Club Technical T-Shirt)

### **WHO?**

The class is open to anyone 21 years or older. No prior rowing experience is necessary, but participants must be able to swim.

### **WILLIAMSBURG BOAT CLUB MASTER'S PROGRAM**

WBC has a growing Masters program that operates year round with rowing sessions daily. The Learn to Row class is a prerequisite for joining the club to participate in these sessions. As a member you can pursue further development of your rowing skills as well as move on to a performance group to increase the workout intensity and the opportunity to race in Regatta's.

### **INTERESTED?**

Email [larissa.sasgen@gmail.com](mailto:larissa.sasgen@gmail.com) for more information. You can also sign up for the class online at [williamsburgboatclub.org](http://williamsburgboatclub.org) » Click on "Shop" and choose any of the Learn to Row Sessions

