



Delta Deas Rowing Club Adult Learn to Row

Delta Deas Rowing Club is excited to offer it's adult learn to row program in a new and updated format for 2019! Participants will learn about; boat handling, rowing machine technique, and start the journey of on-water rowing skill development over 5 introductory lessons plus an additional three skill development lessons. After the 8 lessons participants will continue their learn to row experience through a 2 month introductory novice trial period!

Cost - \$325.00

To register or for more information:

Contact us at learntorow@deltadeas.com

**A \$25.00 deposit is required to hold your seat!*

LTR A - Intro to Rowing	Times
Sat. April 6, 2019	0900-1100h
Sun. April 7, 2019	0900-1100h
Sat. April 13, 2019	0900-1100h
Sun. April 14, 2019	0900-1100h
Tues. April 16, 2019	1800-2000h
SK A - Skill Development	Times
Tues. April 23, 2019	1800-2000h
Thurs. April 25, 2019	1800-2000h
Sat. April 27, 2019	0900-1100h

LTR B - Intro to Rowing	Times
Tues. April 30, 2019	1830-2030h
Thurs. May 2, 2019	1830-2030h
Tues. May 7, 2019	1830-2030h
Thurs. May 9, 2019	1830-2030h
Tues. May 14, 2019	1830-2030h
SK B - Skill Development	Times
Thurs. May 16, 2019	1830-2030h
Tues. May 21, 2019	1830-2030h
Thurs. May 23, 2019	1830-2030h

LTR C - Intro to Rowing	Times
Tues. June 4, 2019	1900-2100h
Thurs. June 6, 2019	1900-2100h
Sat. June 9, 2019	0900-1100h
Tues. June 11, 2019	1900-2100h
Thurs. June 13, 2019	1900-2100h
SK C - Skill Development	Times
Sat. June 15, 2019	0900-1100h
Tues. June 18, 2019	1900-2100h
Thurs. June 20, 2019	1900-2100h

LTR D - Intro to Rowing	Times
Tues. July 2, 2019	1900-2100h
Thurs. July 4, 2019	1900-2100h
Sun. July 7, 2019	1030-1230h
Tues. July 9, 2019	1900-2100h
Thurs. July 11, 2019	1900-2100h
SK D- Skill Development	Times
Sun. July 14, 2019	1030-1230h
Tues. July 16, 2019	1900-2100h
Thurs. July 18, 2019	1900-2100h

LTR E - Intro to Rowing	Times
Tues. August 6, 2019	1830-2030h
Thurs. August 8, 2019	1830-2030h
Sun. August 11, 2019	1030-1230h
Tues. August 13, 2019	1830-2030h
Thurs. Aug 15, 2019	1830-2030h
SK E - Skill Development	Times
Sun. August 18, 2019	1030-1230h
Tues. August 20, 2019	1830-2030h
Thurs. August 22, 2019	1830-2030h