



## INTRODUCTION TO ROWING CLASS 2011

### Would you like to glide along the water in a human-powered rowing shell?

Start yourself rowing in our six-week Learn-to-Row class. You will become familiar with the basics of rowing and rowing safety. Following a land-based introduction, you will be on the water in a large flat-bottomed barge using one oar per person, progressing quickly through the program to smaller boats with two oars. Experienced coaches from LRC and MSU crew programs will guide you. Participant must have reasonable swimming skills to take this class.

**WHERE** Ryden Boathouse, Grand River Park in Lansing (directions below).

**WHEN** June 4<sup>th</sup> through July 16<sup>th</sup>

Two separate classes are offered, each meeting twice a week:

**COST** \$135

Mon 6-8 pm/Sat 9-10:30 am

or

Wed 6-8 pm/Sat 10:30-noon

**FREE OPEN HOUSE Saturday May 21<sup>st</sup> and Saturday May 28<sup>th</sup> 9:30 – 11:00 AM**

Tour the boathouse, see our equipment, meet experienced rowers and watch them on the water! We welcome everyone to share in our favorite pastime and sport.

**Directions to the Ryden Boathouse in Lansing’s Grand River Park (just east of the Michigan Princess)**

Grand River Park is located between Martin Luther King and Waverly Road on Lansing Road on the North side of the Grand River.

From the east take 496 west and exit at Lansing Rd; after going under the bridges you reach the top of a hill; the Dispatch bar is on the right and the entrance to the park is on the left.

From the west take Lansing Rd east off Waverly, the entrance to the park will be on the right and the Dispatch bar on the left. After entering the park turn left and follow the road to the end at the parking lot and boat launch, then walk east through the open field or along the unpaved road to the second boathouse.

**To register for the class or for more information contact**  
**Tim Fisher 420-4272**  
**Jodi Fine 676-5482**  
[info@lansingrowingclub.org](mailto:info@lansingrowingclub.org)

**Classes fill quickly so sign up soon!**