



Lowell Community Rowing

Learn to Sweep Row
\$125 per person

SIGN UP WITH A FRIEND
and you both row for \$99 each!

Program Details

- **Program begins Monday, June 12, 2017** and runs Mon/Wed 6:00pm to 8:00pm for four weeks.
- No experience is necessary, but reasonable fitness and flexibility is a plus.
- Expect to be on the water for at least an hour to 90 minutes in each session. Coaching instruction will be mixed with drills and short workout pieces, providing a good mix of instruction and exercise.
- Capacity in the program is limited - first-come, first-served basis.

For more information email:
learntosweep@merrimackrowing.org

