

# 2018 Adult Introductory Sweep Classes at CBRC



## Learn-to-Row Sweep!

Choose one of the four intro sessions below.

Each session consists of five classes, a Thursday morning (5:30-7:30 a.m.) land-based class and four on-the-water classes on consecutive Friday (5:30-7:30 a.m.) and Sunday (7:00-9:00 a.m.) mornings.

**Session 1:** Thurs., May 3; Fri. & Sun., May 4 / 6, May 11 / 13

**Session 2:** Thurs., June 7; Fri. & Sun., June 8 / 10, June 15 / 17

**Session 3:** Thurs., July 12; Fri. & Sun., July 13 / 15, July 20 / 22

**Session 4:** Thurs., Aug. 9; Fri. & Sun., Aug. 10 / 12, Aug. 17 / 19

**Where:** Our boathouse is located in Harry Todd Park on American Lake in Lakewood, WA.

**Cost:** \$110 (includes sales tax) for an introductory session consisting of six classes. Spots are reserved, after registration and receipt of class fee, on a first come, first served basis.

**Registration is required:** Register online at our website [www.ComBayRow.net](http://www.ComBayRow.net)

After completing one of the introductory sessions, you can continue your rowing by registering for our ongoing masters program for an additional fee.

Please contact us at: [commencementbayrowingclub@gmail.com](mailto:commencementbayrowingclub@gmail.com) for additional information.

Please visit our website: [www.ComBayRow.net](http://www.ComBayRow.net)



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