

2019 Adult Introductory Sweep Classes at CBRC



Learn-to-Row Sweep!

Choose one of the three intro sessions below.

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

Session 1: Thurs., May 16; Fri. & Sun., May 17 / 19, May 24 / 26

Session 2: Thurs., June 6; Fri. & Sun., June 7 / 9, June 14 / 16

Session 3: Thurs., July 11; Fri. & Sun., July 12 / 14, July 19 / 21

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

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 for additional information.

Please visit our website: www.ComBayRow.net



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