

**ADULTS - Join the Northern Virginia Rowing Club (NVRC)  
1 month, 12 lessons, Learn-To-Row program at Sandy Run**



**Starts Saturday June 4, 2011 - Cost \$145**

**10 Reasons to join the NVRC adult Learn To Row program**

1. Find out what your high school crew kids experience on the water
2. Learn about “crabs,” i.e. get to understand your kid’s “crew-speak”
3. Get healthy, no-impact, exercise
4. Get fitter gradually through the month
5. Learn from experienced High School and College coaches, and other rowers
6. Meet new people
7. Breathe fresh outdoor air
8. Enjoy the beautiful Occoquan
9. Commit for just 1 month
10. Discover a sport you can enjoy for years (we have some really old rowers)

**Rowing Tuesday and Thursday 6:30pm and Saturday 8:00am.**

**Learn-To-Row program details at <http://www.row4nvrc.com>**

**NVRC also offers advanced programs for experienced rowers (including those who complete the Learn-To-Row program) for recreational and competition rowing.**

**Got questions? Contact Kathy Clowery: [ktclowery@gmail.com](mailto:ktclowery@gmail.com)**

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