

## Holyoke Rows – Adult Learn to Row Program

Holyoke Rows is a non-profit community organization located at the Jones Ferry River Access Center along the Connecticut River in Holyoke. We offer adult and youth learn to row programs as well as adaptive rowing programs for people with disabilities.

Our mission is to reach beyond the traditional rowing population and bring rowing into the lives of people who would benefit most from the lessons rowing has to offer. We hope that at our boathouse, everyone learns to row and that everyone learns to row together!



Holyoke Rows  
P.O. Box 4936  
Holyoke, MA 01041

## HOLYOKE ROWS

## 2008 Adult Rowing Programs



Holyoke Rows  
P.O. Box 4936  
Holyoke, MA 01041  
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Website: <http://www.holyokerows.com>

# 2008 ADULT ROWING COURSES

## Sculling Classes

### **Beginner Sculling:**

These courses run for two-week periods and meet three times per week on **Monday, Wednesday and Friday**. Classes are held in the **evenings** from **5:30-7:15 pm**.

July 21 - August 1

(Note: there will be no class on July 28)

## Membership

Membership in Holyoke Rows provides discounted rates on Advanced Rowing Classes as well as unlimited use of any club boats (sculls, kayaks, or canoes) when the boats are not in use by other club members or another club program. Members must be certified to take out equipment.

## Other Programs

A variety of Kayak and canoe programs will be offered this summer. Go to our Website, <http://www.holyokerows.org> for more information

For Directions to Jones Ferry River Access Center, please visit: <http://www.holyokerows.com>

## Sweep Rowing Classes

### **Learn to row:**

Classes run for two weeks and meet three times per week, on **Monday, Wednesday and Friday**. Classes are held in the **evenings** from **5:30-7:15 pm**.

July 21 - August 1

### **Experienced sweep rowing:**

Sessions run for six weeks and meet either two or three times per week. Choose either the **3-day: Monday, Tuesday, and Thursday** session or the **2-day: Tuesday and Thursday** session.

These sessions meet in the evenings from **5:30-7:15 pm**

Session I: April 14 - May 22

Session II: May 26 - July 3

Session III: July 14 - August 21

Session IV: Sept - October (Dates TBA)



## **Registration Form**

Please register for classes on the form below:

### Learn to Sweep Row:

- July 21 - August 1 - **\$80**

### Experienced Sweep Rowing:

**2 DAY - \$90 members/\$110 non-members**  
**3 DAY - \$120 members/\$140 non-members**

- April 14 - May 22
- May 26 - July 3
- July 14 - August 21

### Beginner Sculling:

- July 21 - August 1 - **\$70**

### Membership:

- Membership - **\$165**
- Family Membership - **\$215**
- Canoe/Kayak Membership - **\$60**

Total Enclosed = \_\_\_\_\_

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

Please return this form with a check to:

Holyoke Rows  
P.O. Box 4936  
Holyoke, MA 01041