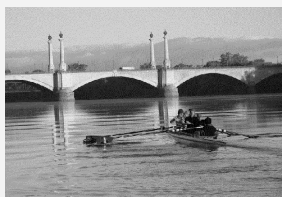


ADULT ROWING PROGRAMS

Here at PVRC we strive to make rowing accessible to the community by offering a variety of rowing programs to fit your needs at affordable prices. Looking to train with a coach or just enjoy the serenity of the river? Perhaps you are looking to return to the sport after a few years off. Whatever your reason, PVRC has the program you're looking for. For more information or to schedule your first visit please contact Erin Sprong, at Erin@PVRiverfront.org or 413-736-1322.

FOR NEW ROWERS - GROUP AND INDIVIDUAL CLASSES AVAILABLE



LEARN TO ROW - This fun and welcoming group class will teach you the basics of both “sweep” and “sculling”. Utilizing our stable rowing equipment students learn basic rowing technique & safety procedures.

Sessions starting: July 6, July 27th

Morning Classes: Tuesday & Thursday 6:00-7:30AM

Evening Classes: Monday & Wednesday 6:00-7:30PM

Fee: LTR is included in the PVRC Annual Membership or \$100 for 6 classes.



LEARN TO SCULL - In Learn to Scull you will learn how to row with two oars; “sculling”, in a semi-private lesson. Sculling allows for greater independence on the water as you explore the river in your single-person rowing shell. Please call to schedule your lessons today.

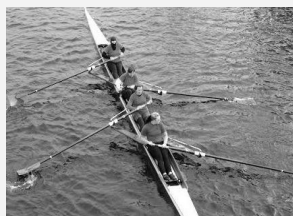
Fee: LTS is included in the PVRC Annual Membership or \$100 for 4 classes. Classes are scheduled based on availability of coaches. Please call for details.

EXPERIENCED ROWERS - SWEEP AND SCULLING PROGRAMS AVAILABLE



RECREATIONAL SCULLING - Enjoy the serenity of the river and get a great workout in too! Our friendly staff is on hand to help carry equipment and assist in landing/launching procedures. Recreational scullers are welcome to use PVRC equipment during “Open Sculling” sessions. Please visit our website for the current open sculling schedule.

Classes are included in the Annual or Sculling Membership



MASTERS SWEEPS & SCULLS - Springfield Masters Crew is PVRC's competitive rowing team for adults. We offer competitive level training to men and women 18 years and older, focused on improving technique, increasing physical conditioning, and preparing for team racing. Masters rowing is for experienced adults who enjoy rowing with a group or team. Commitment to attendance is required, our professional coaches will utilize both sweep and sculling equipment in training. For more information on our team please contact Tom Siddall: Tom@PVRiverfront.org

Visit www.PVRiverfront.org for registration and information

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YOUTH SUMMER PROGRAMS

LEARN-TO-ROW WEEK



PVRC's friendly coaching staff will teach you the basic rowing technique, safety procedures & boat handling skills needed to have a safe and fun row. This fun and welcoming group class will teach youth rowers the basics of both "sweep" rowing with one oar and "sculling" with two oars.

Days & Time: Monday-Friday 9:30-11:30AM

Sessions: July- 13-17th, July 20-24th, July 27th-31st, August- 3rd-7th

Ages: 12-16 **Fee:** \$175

YOUTH SUMMER SCULLING



**Rowers must have passed a learn to row week or equivalent to participate*

The youth summer sculling program will focus on rowing in single and double person shells. Our professional coaching staff will work with youth to build confidence and independence on the water. Class are scheduled to allow participants the flexibility necessary with busy summer schedules.

Dates: June 30-August 8

Days & Times: 7:30-9:30AM Monday, Wednesday & Friday

Age: Students entering 9th grade and above

Fee: \$150

HIGH PERFORMANCE WEEK



**Rowers must have rowed a minimum of one competitive season equivalent to participate*

Individual attention is a priority of this fun-filled week of rowing. Take your skills to the next level with the help of professional coaches, video review, multiple daily rowing sessions, and rowing related presentations.

Sessions: July 6-10 & August 3-7

Days & Times: 9:30AM-2:00PM - Monday- Friday

Ages: 14-18

Fee: \$250

Space is limited



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