

Want to try rowing, but don't know how?

You can have a taste of it for FREE at our **Learn to Row Day!**

When? Sat, June 6th 9 am — 3 pm

First come, first served – so please show up early and sign up for a time (spaces are limited).

Where? OAR Boathouse, 1210 Marine Dr NE (on the way to Anthony's Hearthfire, next to the Swantown Marina)

Your rowing experience will take about an hour. You'll start with:

- ❖ A tour of boathouse
- ❖ A short lesson on the ergometer (rowing machine),
- ❖ A brief review of safety on the dock
- ❖ A how-to on getting in and out of the boat
- ❖ An introduction to other rowers, coxswain, and coach
- ❖ Then – push off!

Each boat will have 8 rowers -- four experienced, and four new rowers like you. There will also be a coxswain (the person who gives the commands and steers the boat) and a coach in a launch (motorboat). You'll row out from the dock and around Budd Inlet for about 40-50 minutes, then head back in.

What else do you need to know?

Wear fairly snug clothing – no baggy shorts or long shirts. They could get caught in the seat's wheels.

Do not wear jackets with open pockets. Your oar may get caught in them.

If the day is hot, we recommend you bring sunscreen, hat, sunglasses and a bottle of water.

You must sign a waiver. If you are under 18, you must have a parent's signature on it.

*****You must be at least 13 to row.*****

You should know how to swim and be comfortable around the water.

Come early so you can be guaranteed a time to row. You don't have to row right away – you can sign up for a time and come back later – but you have to sign up in person.

To get to the parking area, go past the boathouse and take the first right into the parking area – we'll see you on June 6th!

Questions? Please contact Scott Sawyer at ssawyer26@gmail.com or 360.480.7743.

Can't row on June 6th?

- ❖ **Adults** can sign up for a Learn to Sweep Row class or a Learn to Scull class this summer. Those classes are NOT free, but they teach you the basics of rowing, and once you finish the class, you can join the club and row to your heart's content for the rest of the year.
- ❖ **Juniors** (under 18) can sign up for a 3 or 6-week Junior Summer Program that runs from June 22 to Aug 3rd. Check the OAR website for more info on that.