

# Summer Rowing 2011



The Quinsigamond Rowing  
Association proudly presents its  
**ADULT LEARN TO ROW  
SCHEDULE**

LEARN TO ROW SESSIONS WILL RUN BETWEEN  
**6/13/2011–7/17/2011**  
(No sessions on 7/3, 7/4)

## MONDAYS

5:30 AM–7:00 AM INTRODUCTORY ROWING MECHANICS  
(Rowing Machine and On-land technique for Sweep & Sculling)

## WEDNESDAYS

5:30 AM–7:30 AM INTRODUCTORY SCULLING

## FRIDAYS

5:30 AM–7:30 AM INTRODUCTORY SWEEP

## SATURDAYS

7:00 AM–9:00 AM INTRODUCTORY SWEEP

## SUNDAYS

7:00 AM–9:00 AM INTRODUCTORY SCULLING

### Coaches

**Jason Steele, WPI**  
**Mike McDonald, URI**  
**Andy Coniglio, QRA**  
**Lindsay Piotti, HC**

### **COST: \$250.00**

Enrollment fee allows unlimited attendance to any/all sessions\*

\*Group size limits may require confirmation of your attendance prior to session.

*A credit of \$100.00 will be applied to an annual QRA Membership upon completion of 5 Introductory sessions.*

Contact:  
[jasonsteele@qra.org](mailto:jasonsteele@qra.org)

Or visit:  
[www.qrarowing.org](http://www.qrarowing.org)

ALL SESSIONS WILL BE CONDUCTED AT THE DONAHUE ROWING CENTER  
237 N. Quinsigamond Avenue, Shrewsbury MA