

## 2016 Adult Rowing Information Sheet

The Shen Crew Club has a mission to make rowing accessible to everyone in the area. The [benefits of rowing](#) for adults are plentiful — you get to be outdoors on the beautiful Mohawk River, working every large muscle group in your body (slowly at first, then working up to harder workouts as your fitness and technique improve). Rowing is an excellent low-impact whole body workout for rowers of all fitness levels.

### **Who is eligible?**

Adults ages 18 and up  
Basic swim skill required

### **Summer Program Learn to Row for Adults with No Experience**

This is an excellent opportunity to give rowing a try, learn the basics, and determine if rowing may be sport you would like to become more involved with. This is extremely low pressure, have fun, give it a try.

### **Two Ways to Join Learn to Row:**

- 1)** Sign up for one of the two “Summer Learn to Row Sessions” through the Town of Clifton Park. The Town offers two different three week sessions during the summer for \$120 each.

June 27 – July 13 Session

July 18- Aug 3 Session

Register and make payment at town hall or at [www.cliftonpark.org](http://www.cliftonpark.org) Click on Entertainment and Rec, then click summer booklet.

- 2)** Adults new to rowing can join our whole summer Learn to Row Program being offered on Monday and Wednesday evenings (6 pm-8 pm).

- The session begins Monday, June 27<sup>th</sup> and runs through August 19<sup>th</sup>.
- Cost \$180.
- A separate coach will teach the new rowers the basics of rowing.
- As you become a proficient rower, the coach will move you into the experienced group.

See Masters Registration form at [www.shencrew.com](http://www.shencrew.com) click on registration tab.

### **Programs for Adults with Experience:**

Choose the program that suites your schedule.  
Practice days, times and pricing are listed below.

### **What are the dates of the programs?**

Session 2: July thru August

Session 3: September to November 1 (includes optional Fall Racing)

**Morning program:**

Coach provided, no coxswain  
Thursday 12 pm to 2 pm  
Friday 9:30 am to 11:30 am

**Pricing:**

\$150 for morning rowing exclusively (no evenings), 10 rowers required

**Evening program:**

Coach and coxswain provided  
Monday, Wednesday, Thursday  
6:15 pm to ~8:15 pm

**Pricing:**

\$180 for two nights/week (your choice which nights)  
\$300 for three nights/week

Evening program members have the option to row any combination of morning or evening times.

**Yearly membership:**

Adults who elect the yearly membership can use a single during non-practice hours and attend unlimited scheduled adult practices. Annual flip test and observation of boatmanship required.

**Pricing:**

\$800 for unlimited rowing April thru November

**Under 30 alumni program:**

If you are under 30 years of age and have rowing experience from high school or college, you can take advantage of the reduced rate and row at any of our scheduled coached practice times (excludes non-practice rowing).

**Pricing:**

\$100 per session (spring, summer, fall)

**Payment:**

Make check out to *Friends of Shenendehowa Crew, Inc.* and deliver to the boathouse lock box or give to coach. If you prefer to pay by credit card, visit our online payment

feature at [www.shencrew.com](http://www.shencrew.com)

Fall Race Regatta's are optional. Entrance Fees will be a separate charge to the rower. Last fall the group raced at 3 regattas, the Head and Tail of the Fish and The Head of the Charles.

Questions and eligibility can be addressed to [Row@shencrew.com](mailto:Row@shencrew.com)