

Town of Clifton Park

2016 ADULT CREW: LEARN TO ROW

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). You are learning with other beginners — people who are “in the same boat” as you. After the session, form boats with your new crew and join the club!

Three week sessions are available through the Town of Clifton Park:

Register through www.cliftonpark.org and click on the Entertainment and Recreation Summer brochure.

Date: June 27 – July 13 Session 590 1

July 18- Aug 3 Session 590 2

Time: 6pm – 8pm Monday and Wednesday

Fee: Three Week Session \$120

Site: Shen Crew Boathouse Maritime Avenue, Alplaus

Directors: Shen Crew Head Coaches:

Sean O’Brien and Michael Gilbert