



Naiades Oncology Rowing 2016 Rowing Programs

All Programs are offered at Genesee Waterways Center

SPRING

Intro to Rowing

May 2, Monday 5:45 pm

Free

Spend a complimentary introductory evening with the Naiades and learn about our program. Meet some of our crew, try out an ergometer (rowing machine) and get some tips from our coach on rowing technique. Then take a **short trial row on the Genesee with** some of our experienced rowers.

[REGISTER NOW](#)

Learn to Row

May 16, through June 8 (7 rows)

No row May 30th Memorial Day

Monday and Wednesday 5:45 pm Cost

\$84.

Participants must attend all nights. All aspects of Learn to Row will be introduced including Erg (rowing machine) usage, safety, and on the water training (with experienced rowers).

[REGISTER NOW](#)

Ready, Row

April 19 through June 9 (8 rows or 16 rows)

Tuesday & Thursday 5:45 pm

Cost \$96 for one night, \$192 for two nights

Emphasis will be on building endurance, technique, and improving timing and setting the boat.

[REGISTER NOW](#)

SUMMER

Ready, Row

June 14 through August 11 (9 rows or 18 rows)

Tuesday & Thursday 5:45 pm

Cost \$108 for one night, \$216 for two nights

Emphasis will be on building endurance, technique, and improving timing and setting the boat.

[REGISTER NOW](#)

Challenge Row

June 13 through August 8 (8 rows)

No Row July 4th

Monday 5:45 pm

Cost \$96

Emphasis will be on challenging rows. Rowers should expect to row to the railroad bridge at a moderate pace. Rowers will then row back (5k each way) at a continuous challenging pace. Interval training and sprints will be added. Monday night rowers must be registered for either Tuesday or Thursday as well.

[REGISTER NOW](#)

FALL

Intro to Rowing

Dates to be determined

Free

Spend a complimentary introductory evening with the Naiades and learn about our program. Meet some of our crew, try out an ergometer (rowing machine) and get some tips from our coach on rowing technique. Then take a short trial row on the Genesee with some of our experienced rowers.

[REGISTER NOW](#)

Learn to Row

Dates to be determined

Participants must attend all nights. All aspects of Learn to Row will be introduced including Erg (rowing machine) usage, safety, and on the water training (with experienced rowers).

[REGISTER NOW](#)

Ready, Row

August 16 through October 13 (9 rows or 18 rows)

Tuesday & Thursday 5:45pm

Cost \$108 for one night, \$216 for two nights

Emphasis will be on building endurance, technique, and improving timing/setting the boat.

[REGISTER NOW](#)

Challenge Row

August 15 through October 10 (8 rows)

No row September 5 Labor Day

Monday 5:45

Cost \$96

Emphasis will be on challenging rows. Rowers should expect to row to the railroad bridge at a moderate pace. Rowers will then row back (5k each way) at a continuous challenging pace. Interval training and sprints will be added. Monday night rowers must be registered for *either* Tuesday or Thursday as well.

[REGISTER NOW](#)

Note: Prices are generated on a \$12 per row rate.
