



ZLAC ROWING CLUB
1111 Pacific Beach Drive
San Diego, CA 92109

LEARN to ROW

at ZLAC!!!

Join us at ZLAC Rowing Club for our very popular “LEARN TO ROW” clinics. Adult rowers will have an opportunity to continue on to a ZLAC Masters Program upon successful completion of the course. The program will consist of five sessions covering boat handling, water safety, and the fundamentals of sculling and sweep rowing. Participants will be coached in small groups both on the water in boats and on indoor rowing machines. Sign up at: www.zlac.org. The fee is \$325.00. Classes are limited to four participants to maximize learning. Classes fill up quickly, so reserve your spot now.

We are offering two LEARN TO ROW classes this spring:

APRIL SESSION

April 12 - April 21

- Friday, April 12 (6:15-8:15 PM)
- Saturday, April 13 (8:30-11:00 AM)
- Sunday, April 14 (8:30-11:00 AM)
- Saturday, April 20 (8:30-11:00 AM)
- Sunday, April 21 (8:30-11:00 AM)

MAY SESSION

May 17-May 26

- Friday, May 17 (6:15-8:15 PM)
- Saturday, May 18 (8:30-11:00 AM)
- Sunday, May 19 (8:30-11:00 AM)
- Saturday, May 25 (8:30-11:00 AM)
- Sunday, May 26 (8:30-11:00 AM)

