

Adult Rowing-Beginners

2024 Session Info

Sessions begin Saturday, June 15th at 8:30am.

The weekday sessions go from 6:30pm until 8:00pm, Saturday sessions for beginners 8:30am to 10:00am. First week is mandatory as we cover important safety information.

Please meet downstairs by the waterfront doors. You may put items in a locker in the locker rooms at the end of the hall. If you use a lock it must be removed each day. You can store your keys in the coaches' room on one of the desks.

After each session you are welcomed to use the shower facilities, and if the club lounge is open you are welcomed to go upstairs for some post-exercise "refreshments".

Rowers usually wear t-shirt/tank top, shorts, socks, and gym shoes. Once we are regularly on the water, sandals or flip/flops are a good option, always bring socks as your feet go into shoes in the boats. Try to avoid wearing jewelry as it might fall into the river or cause discomfort when rowing. There is a good chance that you will get a little wet so don't wear "nice" clothes. It is usually a little cooler along the river, so try to bring an extra layer of clothes for your comfort.

We recommend that rowers bring water bottles or a sports drink for hydration.

We prefer that you park on Pine St or in the BASF Park's parking lot off of Biddle when you come for the sessions, there are limited numbers in the WBC lot, and we need spaces for activities going on upstairs in the club lounge. **Please do not park in the Port-o-Fino lot.**

For your safety please do not use the weight room or erg room until directed by the coaching staff.

Try to adhere to the start times, we know that "stuff" happens, but once we start training on the water, we make the boat assignments on who is present, if you are late you might miss getting on the water, or start out in a coaches boat.

Everyone is at a different level of fitness, please feel free to let a coach know if you need to slow down or not do an activity, we want everyone to have fun and get a workout in, but be aware of your limits to avoid injury.

For new rowers, this is an opportunity to try something new, and meet some new people. You will be a little out of your comfort zone, but you will be amazed at the stress relief that rowing offers. Enjoy it and have fun!