

# Summer 2017 at the Riverfront

## Instructional Programs: Learn to Row and Paddle

<b>Learn to Paddle / Row</b>	SATURDAY, JUNE 3 and SUNDAY JUNE 11	8am - 11am FREE
Visit North Riverfront Park for a one-day introduction to the sports of rowing and paddling.		
<b>Adult Introduction to Rowing</b>	MON-FRI 6PM-8PM classes start MAY 8, JUNE 12, JULY 10, AUG 7	\$50* PER WEEK (5 sessions)
Adults (18+) learn the sport of rowing in coached group sessions.		
<b>Adult Introduction to Dragon Boating</b>	SATURDAYS 9:30am-10:30am starting JULY 8	\$50* PER MONTH (4 sessions)
Adults get an introduction to the sport of paddling in dragon boats and to the Dragon Rays team.		
<b>Youth Learn to Row</b>	MON-FRI 9:30am-11:30am starting JUNE 26	\$150* PER WEEK (5 sessions)
Coached group classes teach youth (age 12+) the fundamentals of rowing, focusing on safety, fun, and fitness.		
<b>Private Lessons</b>	By appointment, flexible schedule, from beginner to high performance.	\$200 for 3 1-hour lessons (or \$300 for 2 people)

## Springfield Dragon Boat Festival June 24, 2017

Free to spectators. Enter your team today! Email [DragonRays@pvriverriverfront.org](mailto:DragonRays@pvriverriverfront.org) or call 413-736-1322

## Summer Programs for Experienced Rowers and Paddlers

Youth Rowing - Please see our website for more information about competitive and instructional summer rowing.	Adult Rowing*	Adult Dragon Boating*
Competitive Rowing team practices 5 mornings per week and competes at local regattas. 6/26/17 - 8/14/17	Team recreational or competitive rowing: Mon, Wed 6pm-8pm, and Saturday 7am.	Dragon Rays dragon boat team practice Tue, Thu 6pm-7:30pm and Saturday 8am.
High Performance Rowing practices 9 sessions per week, attends Club Nationals (Ohio) and Canadian Henley (Ontario). 6/12/17 - 8/14/17	Sculling: early morning sculling for experienced rowers in a group setting with 1 day of coaching per week week.	
On-water outings! Groups of 5 to 50 can kayak, row, or paddle dragon boats with PVRC staff supervision. From kids (12+) to adults, we have a program to fit your goal, group, and budget!		

\*Please see our website for program details and costs. Breast Cancer Survivors may join the Dragon Rays at no cost, thanks to a grant from Rays of Hope. Youth programs are based on minimum enrollment and therefore pricing and program are subject to change. PVRC offers need-based financial aid and scholarships to qualified applicants. See Executive Director Ben Quick to apply, by calling 413-736-1322 or emailing [Ben.Quick@PVRiverfront.org](mailto:Ben.Quick@PVRiverfront.org)

**To sign up or for more information, visit [www.pvriverriverfront.org](http://www.pvriverriverfront.org)**

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