

Learn to Row



Rowing on the Great Salt Lake is a wonderful way to exercise and experience the lake. Rowing is a great activity because it is easy on the joints and can be done by people of all abilities and physical goals. Rowing can be relaxing like a walk in the park or intense and competitive depending on each rower's desires.

Great Salt Lake Rowing will begin classes during the last week of March and continue throughout the spring and summer. Classes will be small and be for rowers of all ages

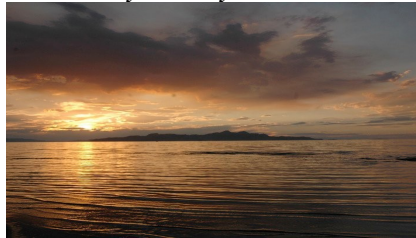
and physical abilities.

To sign up for lessons please send the following information and a check to:

Great Salt Lake Rowing
Instructional Programs
P.O. Box 146
Salt Lake City, UT 84103

Name:
Address:
Phone Number:
Session: (ie Saturdays)

Once you have done this call or e-mail Josie Byer (801) 232-5655 or josiebyer@gmail.com to let her know you will be attending class. She will then give you directions to the Marina and any more information you may need.



Great Salt Lake Rowing



Sculling Lessons

2010



Contact: Coach Josie

(801) 232-5655

Josiebyer@gmail.com

The majority of rowing that is done with Great Salt Lake Rowing is in single and double sculling boats.



Opportunities for boat use, competitions, and group rowing activities are available with Great Salt Lake Rowing Memberships.



Beginner Lesson Series

Session Monday/Fridays: \$100

June 14, 18, 21, 25 from 6:00-8:00 PM

Session Saturdays: \$100

June 19, 26, July 3, 10 from 10:30 AM-12:30 PM

Session Fridays: \$100

June 11, 18, 25, July 2 from 4:00-6:00PM

Session Tuesday/Thursday: \$100

June 15,17,22,24 from 6:00-8:00 AM

You may also sign up for lessons with Life Long Learning from the University of Utah:

Those classes will be

June 8, 10, 15, 17 from 5:30-8:00PM

* Please sign up as soon as possible

* There will be more sessions scheduled for the rest of the spring and summer. Contact Coach Josie

(801) 232-5655 or josiebyer@gmail.com

More Information

If you are not able to attend the classes on any of these dates you may complete this process

through a **series of private lessons** (\$50 per lesson) by contacting one of our coaches and arranging a rowing schedule that works for you.

To become a member of GSLR you must complete **one session of beginner classes** and do a safety checkout with a coach (this can be done during your last class for example). If you are not sure about becoming a member classes are great way to gain experience. This process is fun and you will learn a great deal about rowing and the Great Salt Lake.

If you have experience rowing all you need to do is a safety checkout and sign a waiver, you will not be required to take any classes.