



COME BOATING!

ph 338-3466 ~~~~~ www.comeboating.org

2016 Public Rowing Schedule

Beginning Wednesday June 1st

Community rowing in *BelleFast, Selkie and Malcolm G.* our 6-oar Cornish Gigs at Heritage Park Dock

	SUN	MON	TUES	WED	THURS	FRI	SAT
MORNING	7:30 AM *COMMUNITY <i>JIM B.</i>	7 AM *COMMUNITY <i>MONICA P.</i>	7 AM *COMMUNITY <i>AMY G.</i>	7 AM *COMMUNITY <i>MARNIE R.</i>	7AM *COMMUNITY <i>SUSAN C.</i>	6 AM *COMMUNITY <i>LINDA H.</i>	8 AM *COMMUNITY <i>JOHN A. GEIR G.</i>
	7:45 AM *EXERCISE *WES R.		8 AM *COMMUNITY <i>LINDA H.</i>	8 AM *COMMUNITY <i>LORA M.</i>			
EVENING		4 PM *COMMUNITY <i>DICK F.</i>	6 PM *COMMUNITY SINGING <i>JOANNE M.</i>		4:30 PM *YOUTH and TEEN <i>RAFE B. ROWAN W.</i>		
		5:15 PM *COMMUNITY <i>DICK F.</i>		6 PM *COMMUNITY <i>ANNE H. HANNAH K.</i>	6 PM *POWER <i>GREG S.</i>		
		6 PM *POWER <i>JOHN D.</i>					

*COMMUNITY ROW ~~~ no experience necessary ~ low intensity, for anyone with a desire to row and have fun!

*YOUTH and TEEN ~~~ no experience necessary ~ ages 18 and younger, able to handle an oar

*EXERCISE ROW ~~~ prior gig rowing experience recommended ~ moderate intensity, a row to build stamina and technique

*POWER ROW ~~~ must have gig rowing experience ~ high intensity, a good hard row

Please arrive a few minutes early. All of the rows are approximately one hour except the ^{}7:45 am Sunday morning 'long row'.*

Please sign up ahead of time in person at our boat shed. (The book is in the black mailbox).

If you are unable to sign up, you are welcome to show up and row if there is room on the boat.