



COME BOATING!

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

2013 Public Rowing Schedule

Beginning Saturday 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 JIM	7 AM *COMMUNITY MONICA	6 AM *COMMUNITY AMY	6 AM *COMMUNITY JONATHAN	7 AM *COMMUNITY ELLEN	6 AM *COMMUNITY LINDA	7 AM *COMMUNITY CHRIS
	8:30 AM *COMMUNITY WES		7:15 AM *COMMUNITY AMY	7:15 AM *EXERCISE MARNIE		8 AM *COMMUNITY WIOLA	8 AM *COMMUNITY SALLY
EVENING		5 PM *COMMUNITY DICK	5 PM *EXERCISE ETHAN	5:30 PM RE-ENTRY CENTER ROY	4:30 PM *HIGH SCHOOL AND YOUTH ROY & RAPE	5 PM *COMMUNITY GREG	4 PM *EXERCISE KYFFIN
		5:30 PM *COMMUNITY JOANNE					
		6 PM *POWER JOHN					

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

All rows are approximately one hour. Please arrive a few minutes early.

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.