



COME BOATING!



www.comeboating.org

2022 Public Rowing Schedule

Beginning Wednesday June 1st

Community rowing in our 6-oar Cornish gigs, *BelleFast, Selkie and Malcolm G* at Heritage Park dock

	SUN	MON	TUES	WED	THURS	FRI	SAT	
MORNING	7:30-8:30 AM *RECREATION <i>JIM B.</i>	8-9 AM *EXERCISE <i>NICOLLE L.</i>	6-7 AM *RECREATION <i>JOANNE M.</i>	7-8 AM *RECREATION <i>MARNIE R.</i>	8-9AM VACCINATED ONLY	6-7 AM *RECREATION <i>LINDA H.</i>	7:30-9 AM *EXERCISE * 1.5 hrs <i>WES R.</i>	
	7:30-8:30 AM *RECREATION BEGINNER <i>WES R.</i>		7-8 AM *RECREATION <i>LINDA H.</i>		*RECREATION ONLY <i>PEGGY S.</i>			7-8 AM *EXERCISE <i>SUSAN C.</i>
	9-10:30 AM MEN'S RACE TRAINING <i>ROTATING COXES</i>							
EVENING		3:45-5 PM *RECREATION with on dock warm up <i>JOHN D.</i>			5-6 PM RE-ENTRY <i>ROTATING COXES</i> <i>LOGAN, CLARK, SARAH, JIM</i>			
		5-6 PM MALCOLM G. POWER <i>CLARK S.</i>						

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

***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 unless otherwise indicated. **

Sign-up for rowing is online and for members only,

so please go to www.comeboating.org to become a member and reserve your seat!