



# East End Rowing Club

Hosts National Learn to Row Day Event

30 McDermott Ave. Riverhead NY 11901

**FREE FOR ALL RIVERHEAD RESIDENTS!!!**

June 3, 2017 ~ 10 a.m. to 1 p.m.

Looking for an excuse to escape the gym and spend time outdoors? Head to the water!

This month, more than 75 rowing clubs around the country will open their doors to the public and offer an introduction to the sport of rowing. Learn to Row Day events are not only an ideal opportunity for someone who's curious about the sport to give it a try, the day is a chance to build friendships and social networks.

Activities vary from club to club, but the day generally includes introductory coaching of the fundamentals of the stroke and basic drills used to coordinate movement. Organized by US Rowing, the national governing body for the sport, National Learn to Row Day is your chance to meet people that will serve as mentors in a fun, pressure-free environment.

Getting in shape, trying something new, enjoying the outdoors or meeting new people in the community – whatever the reason, learning about the sport of rowing can be an unforgettable experience and have potential to be a life-long endeavor. For more information, visit [www.usrowing.org](http://www.usrowing.org).

- [eastendrowing.com](http://eastendrowing.com)
- “Learn to Row Day is a wonderful opportunity to see firsthand what rowing is all about. It's a great low-impact sport for people of all ages, and all abilities, from those learning for the first time, to highly skilled rowers.”