

## Northern Virginia Rowing Club Adult Sweep Rowing on the Occoquan

The **Northern Virginia Rowing Club** provides opportunities for both beginners and experienced rowers to row in 8-person rowing shells on the Occoquan River. The Club offers three sessions, the first of which is designed to teach rowing to newcomers to the sport, but also provides experienced rowers with the opportunity to ease into a new season of rowing.

### Session I – the Learn to Row Program

This program is designed to teach sweep rowing to adults. In the practice sessions, adults who have never rowed before can learn to row. Experienced rowers are also welcome.

- This program begins June 7th and goes through July 1.
- Practices are three days a week: Tuesdays and Thursday from 6:00 to 8:30 p.m. and Saturdays from 8:00 to 10:30 a.m. at the Sandy Run Rowing Facility on the Occoquan River.
- Attendance at the first three sessions of the Learn to Row Program is mandatory for those who have not previously participated in the NVRC Learn to Row Program. Early registrants get preference in the event the class fills.

### Adult Rowing Session II

This session is limited to rowers who have completed the NVRC Learn to Row Program.

- This program begins July 8th and lasts through August 30th.
- Practices are Tuesdays and Thursday from 6:00 to 8:30 p.m. and Saturdays from 8:00 to 10:30 a.m. at the Sandy Run Rowing Facility on the Occoquan River.

### Adult Rowing Session III

This session is limited to rowers who have completed the NVRC Learn to Row Program.

- This program begins Sept. 1st and ends Nov. 2nd.
- Practices are three days a week in September: Tuesdays and Thursdays from 6:00 to 8:00 p.m. and Saturdays from 8:00 to 10:30 a.m.
- In October sessions are on Tuesdays from 6:00 to 8:00 Saturdays from 8:00 to 10:30. This session includes the opportunity to row in head races on the Occoquan River.

For more information, see the website under construction at [row4nvrc.com](http://row4nvrc.com) or call Sandy Spooner at 703-922-8555 or e-mail Clint Spooner at [scs@nixonvan.com](mailto:scs@nixonvan.com).