

ADULT RECREATION PROGRAM 2009

19+ YEARS OF AGE

Adult Rec is the perfect program for those who have participated in the Corporate Challenge Program, or have graduated from the Learn-To-Row Program. Emphasis is placed on skill improvement, fitness, and above all – fun!

Sessions are offered weekly starting on **May ---**, ending on Oct. 18 with the Deep Cove Classic Regatta.

TUESDAY & THURSDAY
7:00 – 8:30PM

FRIDAY
9:30 – 11:00AM

SUNDAY
10:00 – 11:30AM

Prerequisite: You must complete either the Corporate Challenge of a LTR Program in order to participate in the Adult Rec Program.

20-session **Punch Cards** are available at the boathouse for recreational rowing for \$290 (\$265 If you have already registered with RCA through a previous program)

Drop-In rate is \$15 for each 1.5 hour session. The first session is charged with a \$25 admin fee.