



Learn to Row

SATURDAY, SEPT 16th

9am-12pm



EXPERIENCE A NEW CHALLENGE, JOIN US FOR LEARN TO ROW

FREE!

This event is for Veterans and members of the Armed Services. Knowledgeable, passionate coaches provide a safe and fun environment to learn and practice the basics of rowing on machines and the water.

- Enjoy a day in the sun, surrounded by nature and new friends.
- Volunteers on hand to help keep the boats stable and with transfers



Equipment can be tailored to almost anyone, those with CP class 4 or higher-level spinal cord injuries (T12 and up) can participate.

If you are unable to attend but would like more information please contact BIAC's Adaptive coach, Alice Henderson: alice.c.henderson@gmail.com

Find out more and **REGISTER** at www.gobair.org

BIAC is a non-profit organization

Bair Island Aquatic Center • 1450 Maple Street • Redwood City, CA 94063

