

Come row with us!

Rowing is a high fitness, non-impact, team sport that's fun to learn and great cross training for off-season athletes. Rowing is as tough, relaxing or as competitive as you make it and takes place on the most beautiful spot in the Twin Cities, the Mississippi River Gorge.

The Minneapolis Rowing Club is a community organization dedicated to inspiring a lifelong passion for the sport of rowing. We offer learn to row programs, competitive teams, private lessons, and recreational rowing for adults and youth over the age of 12.



See you on the water!



MINNEAPOLIS ROWING CLUB



Contact Us



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LEARN TO ROW:
THE BEST IDEAS BEGIN WITH,
"I'VE ALWAYS WANTED TO..."

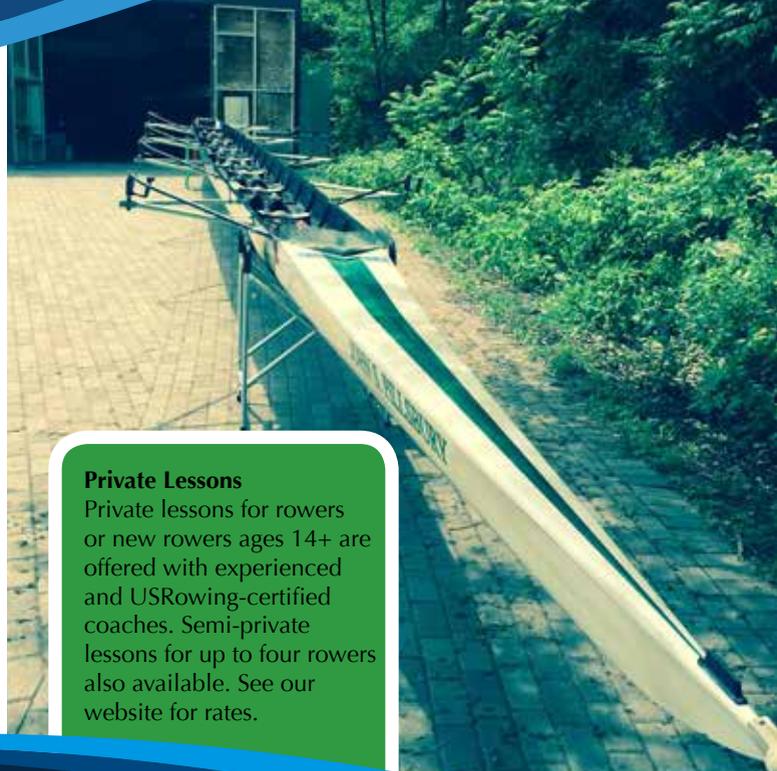
Always wanted to row? You've come to the right place! Whether you want to give it try, or if you are ready to make this your lifelong pursuit, we have a learn-to-row program for you. These classes are a great way to get a 'taste' of the rowing sport without the commitment to an extended program or club membership.

Minneapolis Rowing Club provides:

- Professional instruction delivered by nationally recognized coaches
- All equipment, including oars, safety gear, and Olympic-class racing shells
- A cooperative and socially active training environment

Contact us directly to find the right class for you!
programdirector@minneapolisrowing.org

See our website for pricing & class schedules:
minneapolisrowing.org



Private Lessons

Private lessons for rowers or new rowers ages 14+ are offered with experienced and USRowing-certified coaches. Semi-private lessons for up to four rowers also available. See our website for rates.



ADULT ROWING

Experience Rowing (3-Hour Program)

Enjoy rowing on the beautiful Mississippi! This 3-hour class is designed to give you a feel for rowing team boats. You'll tour our award-winning boathouse, learn the rowing stroke, then head out on the water in our safe and stable rowing barge. Our stretch of the Mississippi is home to bald eagles, falcons, beavers, and foxes, so when you aren't rowing, there's plenty to see! Class size of 10 rowers (minimum of 8).

Rowing Adventure (3-Hour Program)

Schedule your own rowing adventure with your friends, teammates, and relatives! Based on our popular Experience Rowing classes, our "adventures" are ideal for CrossFit gyms, book clubs, birthday, retirement, graduation parties, etc. Class size of 10 rowers (minimum of 8).

Get Rowing! Learn-to Row (Five, 2-Hour Sessions)

Could rowing be your forever sport? If so, join other like-minded new rowers to learn sweep rowing. Our USRowing-certified coaches teach the basics of the rowing stroke and how to handle the rowing equipment at our award-winning boathouse on the beautiful Mississippi River. Learn the basics of racing, and how to continue as a member of Minneapolis Rowing Club. Classes are available weekends, mornings, or evenings.

Corporate Team Building Programs (3-Hour Program)

Minneapolis Rowing Club offers a unique way to "pull together" your crew through a team building rowing experience. Our 3-hour program includes an introduction to the equipment, basic rowing skills, on-the-water exercise, and ends with a short race to celebrate your success.

Adult rowers must know how to swim, tread water for 10 minutes, lift 30lbs. and be 19 years or older.



YOUTH ROWING

Spend your summer on the water and learn the ultimate team sport! Discover a fun, low-impact way to get strong, cross-train, develop stronger focus and concentration, and build new friendships with athletes across the Twin Cities. For those new to the sport, our supportive, experienced coaches will teach you to row, scull, and race on our beautiful stretch of the Mississippi River.

We offer programs for middle school and high school students.

Kids in the Boat - Middle School Program
(6-Week Summer Camp)

Learn the basics of rowing in a safe and stable rowing barge. Our experienced coaches and high school rowing mentors will introduce you to the rowing stroke. You'll learn the importance of teamwork and improve your concentration in a fun, relaxed atmosphere.

Junior Rowing - High School Program
(Weekend, Seasonal, or Private Lessons)

We welcome seasoned or brand-new athletes who have completed the 8th grade through those entering the summer after senior year. Join for a private lesson, a two session learn-to-row camp, or train and compete with us for the spring, summer, and/or fall season.

All rowers must know how to swim, should be able to tread water for ten minutes, and lift 30lbs.

For pricing and schedules visit: minneapolisrowing.org
Email us for more information: juniors@minneapolisrowing.org

