



**Vernon Rowing & Dragon Boat Club**  
Swan Lake, BC

**Adult Learn to Row  
Schedule 2020**

5 x 1.5 hour lessons  
Registration fees are listed for each course  
All equipment provided.  
Maximum of 4 participants per instructor.

Register at [www.vrdbc.com](http://www.vrdbc.com)  
For more info call Lisa George 250 938 7769  
[lisa@vrdbc.com](mailto:lisa@vrdbc.com)

After completing the Learn to Row participants may pay the graduate fee, \$178.50 inc tax to enable full registration for the season, and enjoy unlimited rowing until mid-October!

Our Learn to Row program continues throughout the season.  
Please contact us to schedule alternate sessions!

Course #	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
<b>1</b> <b>\$196.50</b>	TUES MAY 5 5.30PM-7PM	THURS MAY 7 5.30PM-7PM	SAT MAY 9 8.30AM-10AM	TUES MAY 12 5.30PM-7PM	THURS MAY 14 5.30PM-7PM
<b>2</b> <b>\$196.50</b>	MON MAY 11 8.30AM-10AM	WED MAY 13 8.30AM-10AM	FRI MAY 15 8.30-10AM	WED MAY 20 8.30AM-10AM	FRI MAY 22 8.30AM-10AM
<b>3</b> <b>\$150</b>	WED MAY 20 6AM-8.30AM	FRI MAY 22 6AM-8.30AM	SAT MAY 23 7AM-8.30AM	MON MAY 25 6AM-7.30AM	WED MAY 27 6AM-7.30AM
<b>4</b> <b>\$196.50</b>	TUE MAY 26 5.30PM-7PM	THUR MAY 28 5.30PM-7PM	SAT MAY 30 8.30AM-10AM	TUE JUNE 2 5.30PM-7PM	THUR JUNE 4 5.30PM-7PM
<b>5</b> <b>\$150</b>	MON JUNE 1 6AM-7.30AM	WED JUNE 3 6AM-7.30AM	FRI JUNE 5 6AM-7.30AM	MON JUNE 8 6AM-7.30AM	WED JUNE 10 6AM-7.30AM
<b>6</b> <b>\$196.50</b>	MON JUNE 1 8.30AM-10AM	WED JUNE 3 8.30AM-10AM	FRI JUNE 5 8.30AM-10AM	MON JUNE 8 8.30AM-10AM	WED JUNE 10 8.30AM-10AM
<b>7</b> <b>\$196.50</b>	TUE JUNE 9 5.30PM-7PM	THUR JUNE 11 5.30PM-7PM	SAT JUNE 13 8.30AM-10AM	TUE JUNE 16 8.30AM-10AM	THU JUNE 18 5.30PM-7PM
<b>8</b> <b>\$150</b>	WED JUNE 15 6AM- 7.30AM	WED JUNE 17 6AM-7.30AM	FRI JUNE 19 6AM-7.30AM	MON JUNE 22 6AM-7.30AM	WED JUNE 24 7AM-8.30AM