



NAVESINK RIVER ROWING ADULT BEGINNER LESSONS 2025 SCHEDULE

WEEKEND:

May, June, July, August

A set of four 2-hour morning lessons held over two consecutive weekends

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| WE1: May 10 & 11, May 17 & 18 | 1:00-3:00 pm |
| WE2: May 31 & June 1, June 7 & 8 | 1:00-3:00 pm |
| WE3: June 14 & 15, June 21 & 22 | 1:00-3:00 pm |

WEEKDAY MORNINGS:

5 weeks only

A set of four 2-hour lessons on 4 consecutive days in one week
Mon/Tues/Wed/Thurs

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|---|---------------|
| AM1: Mon-Thurs, May 5 - 8 | 7:30-9:30 am |
| AM2: Mon-Thurs, May 12 – 15 | 9:30-11:30 am |
| AM3: Mon-Thurs, May 19 - 22 | 7:30-9:30 am |
| <i>Week of May 26th</i> | <i>none</i> |
| AM4: Mon-Thurs, June 2 – 5 | 9:30-11:30 am |
| AM5: Mon-Thurs, June 9 - 12 | 7:30-9:30 am |

WEEKDAY EVENINGS:

May, June, July

A set of four 2-hour lessons on 4 consecutive evenings in one week - usually
Mon/Tues/Wed/Thurs

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|---|-------------|
| PM1: Mon-Thurs, May 5 - 8 | 6 – 8 pm |
| PM2: Mon-Thurs, May 12 – 15 | 6 – 8 pm |
| PM3: Mon-Thurs, May 19 – 22 | 6 – 8 pm |
| <i>Week of May 26th</i> | <i>none</i> |
| PM4: Mon-Thurs, June 2 – 5 | 6 – 8 pm |
| PM5: Mon-Thurs, June 9 – 12 | 6 – 8 pm |
| PM6: Mon-Thurs, June 16 – 19 | 6 – 8 pm |
| PM7: Mon-Thurs, June 23 – 26 | 6 – 8 pm |

Questions, please contact:

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