



NAVESINK RIVER ROWING ADULT BEGINNER LESSONS 2026 SCHEDULE

WEEKEND:

May, June, July, August

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

WE1: May 9 & 10, May 16 & 17	1:00-3:00 pm
WE2: May 30 & 31, June 6 & 7	1:00-3:00 pm
WE3: June 13 & 14, June 20 & 21	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

AM1: Mon-Thurs, May 4 - 7	7:30-9:30 am
AM2: Mon-Thurs, May 11 – 14	9:30-11:30 am
AM3: Mon-Thurs, May 18 - 21	7:30-9:30 am
<i>Week of May 25th</i>	<i>none</i>
AM4: Mon-Thurs, June 1 – 4	9:30-11:30 am
AM5: Mon-Thurs, June 8 - 11	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

PM1: Mon-Thurs, May 4 - 7	6 – 8 pm
PM2: Mon-Thurs, May 11 – 14	6 – 8 pm
PM3: Mon-Thurs, May 18 – 21	6 – 8 pm
<i>Week of May 25th</i>	<i>none</i>
PM4: Mon-Thurs, June 1 – 4	6 – 8 pm
PM5: Mon-Thurs, June 8 – 11	6 – 8 pm
PM6: Mon-Thurs, June 15 – 18	6 – 8 pm
PM7: Mon-Thurs, June 22 – 25	6 – 8 pm

Questions, please contact: (732) 391-4816

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