

The Hull Lifesaving Museum Maritime Program

# South Shore Youth Rowing

***Winter Season 2012!***

**January 18 – March 14**

☛ **YOU MUST PRE-REGISTER TO PARTICIPATE IN THE PROGRAM** ☛

**REGISTRATION DEADLINE:**

Friday, January 13

Register by calling Corinne or Lory: (781) 925-5433 or emailing [info@hulllifesavingmuseum.org](mailto:info@hulllifesavingmuseum.org)

**All Rowers, All Levels (Novice – Advanced)**  
**Mondays and Wednesdays, 3:30 –5:00 pm**

## **Winter Program Components**

**ROWING!** Whenever the weather allows, we're out on the water exploring Boston Harbor and the islands at this most mysterious and revealing time of the year.

**BOATBUILDING!** Bill, Mary Kate, and Charlotte will continue to guide us through the construction of our stitch-and-glue skiff. With any luck (and depending on the weather), we'll finish our first skiff and start our second!

**FITNESS!** Winter's a wonderful time of year to build fitness. We'll discover the joys, challenges, and rewards of erging, strength training, and yoga whenever the weather dictates.

## **Location**

All crews practice from the Hull Lifesaving Museum Boathouse at Windmill Point and the Hull Lifesaving Museum, Nantasket Avenue, both in Hull.

- Rowing – at the Boathouse
- Boatbuilding and Fitness – at the Hull Lifesaving Museum

**HLM WILL EMAIL PROGRAM LOCATION, AND POST ON FACEBOOK, DAILY BY NOON.**

## **Winter Season Coaching Team**

Bill Foley, Charlotte Gillis, Beth Howard, Corinne Leung, Mary Kate McDonnell, Lory Newmyer, Matt Tobin

## **Fee**

\$120 Hull Lifesaving Museum members; \$160 Non-members\*

*\*Hull Middle and High School rowers – a limited number of partial scholarships are available: please inquire. (Several events have additional fees to help cover their costs. All event expenses will be posted in advance.)*

**PAYMENT IS DUE ON OR BEFORE THE FIRST DAY OF PRACTICE.**

## Weather and Practice/Event Cancellation

- Practices and events seldom are canceled due to weather. However, heavy rains, high winds, and high seas can lead to practice/event cancellation. Whenever possible (temperature permitting), we will work on small boat projects at the boathouse when conditions prevent on the water activities.
- **Practices begin promptly at the scheduled times.** Late arrivals hinder practice by necessitating reconfiguration of crews and boats, which takes valuable time away from on-the-water practice. ***Please make every effort to be on time to practice,*** and to let us know if you are running late so we can plan accordingly.
- **No Rowing Practice Monday, February 20 (President's Day)**

Museum staff endeavor to make accurate judgments about weather conditions daily, and email participants about the status of rowing by Noon. Please call if you have questions about conditions and practice. Museum Phone Number: (781) 925-5433

## THE SNOW ROW 2012

**Saturday, March 10**

3.75 Miles around Hull/Hingham Bay

\$20 per person entry fee

*Intermediate and advanced rowers only*

At Windmill Point



South Shore Youth  
& Adult Rowers  
"Drownproofing!"  
October 2011