



**Rec2Connect Foundation & The Foundry
Proudly Present
Try It Saturday!**

Saturday, October 6th
1831 Columbus Road-Cleveland, OH
2pm-3:30pm

The Foundry is offering a FREE Try-It Saturday in rowing and sailing!

Ten students each in groups by age (middle school, high school, young adult) rotating through three stations every half an hour. The stations are rowing on the indoor rowing machines (ergs), rowing in the tanks, and exploring the Tartan 10 sailboat on the dock.

- **Ergs**- Learn the basics of the rowing stroke on an indoor rowing machine, commonly referred to as an erg. These are the treadmills of the rowing world and a great way to work out and use your entire body.
- **Tanks**- Experience one of only thirty indoor rowing tanks in the world right here in Cleveland. The tanks stimulate the rowing motion and feel while you are inside and on dry land.
- **Tartan 10**- Explore one of The Foundry's bigger sail boats, a Tartan 10. Participants will be able to board and explore the boat while it stays docked at The Foundry.



RSVP:

registration@rec2connectfoundation.org

by September 30,
2018

**Include Participant's
name, Age, &
Completed Waiver**

Limited Space, so
please RSVP quickly!



For more information
on The Foundry visit:
www.clevelandfoundry.org

www.rec2connectfoundation.org

Rec2Connect Foundation is a 501(c)(3) organization