

# PORT JEFFERSON ROWING PROGRAM

with PJRC at The Village Center



**Ages 18+**

**Class size: 12 max/ 6 min**



MONDAY CLASSES	
9am, 10am, 12 noon, 8pm	
Nov. 4, 18, 25, Dec. 2, 9, 16	
Jan. 6, 13, 27, Feb. 3, 10, 24	

WEDNESDAY CLASSES	
9am, 10am, 12 noon, 8pm	
Nov. 6, 13, 20, Dec. 4, 11, 18	
Jan. 8, 15, 22, 29, Feb. 5, 12	

FRIDAYS CLASSES	
9am, 10am, 12 noon, 8pm	
Nov. 8, 15, 22, Dec. 13, 20, 27	
Jan. 10, 17, 24, 31, Feb. 7, 14	

SATURDAY CLASSES	
9:30 am, 10:30 am	
Nov. 9, 16, 23, Dec. 14, 21, 28	
Jan. 11, 18, 25, Feb. 1, 8, 15	

SUNDAY CLASSES	
9 am, 10 am	
Nov. 3, 10, 17, 24, Dec. 1, 15	
Dec. 22, 29, Jan. 5, 12, 19, 26	
Feb. 2, 9, 16, 23, Mar. 1, 8	

**Instructors:**  
**JAMES FINKE**  
 & STAFF  
 Questions email  
[PortJeffRowing@gmail.com](mailto:PortJeffRowing@gmail.com)

The Port Jefferson Village Center is offering Indoor Rowing Machine classes on the Concept 2 Rowing Machine starting in November through February.

Each **PJROW** class will feature basic instruction and an aerobic workout all in a fun, challenging and supportive atmosphere.

**PJROW** is a great way to achieve a full body workout.

**Session Fee: \$120 Resident, \$130 Non-Resident**  
 Location: The Village Center  
 Register online at [www.PortJeff.com](http://www.PortJeff.com)

Session Day: \_\_\_\_\_ Beginning Session Date: \_\_\_\_\_ Session Time: \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Session: \_\_\_\_\_

Age: \_\_\_\_\_ Email: \_\_\_\_\_ Payment: \_\_\_\_\_

The undersigned agrees that the Village of Port Jefferson, its agents, officers, elected and appointed officials and employees shall not be liable for any claims, injuries, damages or expenses sustained by the undersigned as a result of participation in the activity described above. This release from liability shall apply to all such claims, injuries, damages or expenses regardless of who is at fault and even if caused by the negligence, neglect or fault of the Village of Port Jefferson, its agents, officers, elected and appointed officials and employees. This release is made with knowledge that the Village of Port Jefferson provides no insurance to cover claims, damages or expenses which may result from the described activity.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_