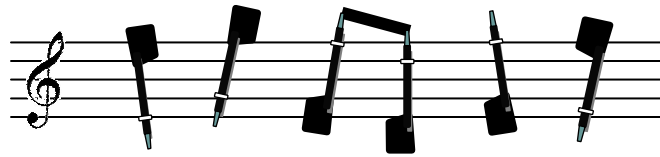


THE PITTSFORD INDOOR ROWING CENTER PRESENTS ...

ROCK AND ROW HAPPY HOUR...

GET "TANKED" AT THE PIRC!

PROCEEDS WILL SUPPORT GENESEE REGION SPECIAL OLYMPICS AND THE PITTSFORD INDOOR ROWING CENTER



Come join us for an evening of music, friends, and rowing for a good cause!

FRIDAY NIGHT,
JANUARY 8TH
6:30-8:30
PM

- Stop by the PIRC any time from 6:30-8:30 pm
- Row in the tanks (or on the rowing machines, if you prefer).
- Coaches will be available to provide instruction or tips for improvement.
- Experience a great low-impact, total body sport in Pittsford's state-of-the-art indoor rowing facility. The tanks replicate the feel of rowing, without the worry of balancing on the water, allowing you to work on your form and get a great workout all year round!
- No advance registration or experience is necessary!
- The cost is \$20 for 1/2 hour instruction / workout.

We invite you to join us afterwards at The Pub at Bushnell's Basin.

Pittsford Indoor Rowing Center, 2780 Clover St., Pittsford

See www.pittsfordindoorrowingcenter.org for directions.

The PIRC is now on Facebook! Join the group for event updates and information!



Special Olympics
New York
Genesee Region

The mission of Special Olympics New York is to provide year-round sports training and athletic competition in a variety of Olympic-style sports for all children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of skills and friendship with their families, Special Olympics athletes and the community.

The Pittsford Indoor Rowing Center is a not-for-profit organization dedicated to expanding the opportunities for people to learn and perfect the art of rowing.

