



Summer 2021

Summer 2022 Calendar

All Meetings at the Clubhouse

May 29: Information Meeting @12pm

June 11: Learn To Row Practice 1

June 25: Practice

July 2: Practice

July 23: Practice

Aug 6: Practice

Aug 20: Practice

Sept 10: Practice

Novice Practice 8am – 10am

Experienced Rowers 10am-12 noon

Young Adult (ages 12-29) 4-6 pm

About Us

Mission Statement

To promote community on Pleasure Lake, individual health, fitness, the enjoyment of our lake’s natural resources and the benefits of team participation through the sport of rowing to people of all ages experience and ability levels.

Head Coach Melissa Creighton

Coach Mel began her rowing career in 1987 at University of Albany as a coxswain for the Men’s Team and rower for the Women’s Team. She is a competitive masters rower and sculler for her home team Cortlandt Community Rowing Association since 2018.

Melissa is a US Rowing Level 2 Certified Rowing Coach and Assistant Coach at West Point Military Academy since 2020. She also coaches Masters’ Rowers and Sculling Workshops at Cortlandt Community Rowing Association.

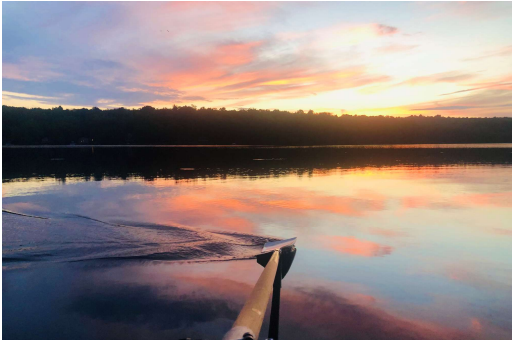
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Pleasure Lake Rowing Club

Come Row With Us!



Why Row?

Very simply...ROWING IS FUN!--

Rowing together in a team boat is a peaceful, great work-out and allows you to enjoy our lake and lake community in a very unique way.

What Group Do I Belong In?

Novices are beginning adult rowers (30 years and up). This is an instructional, learn to row program that is individualized in a small groups learning basic skills. All abilities are welcome.

Experienced Rowers are adult rowers (30 years and up) who have rowed before or are currently in a rowing program. Entry into this group is by coach invitation. The focus of this group is simply recreational rowing.

Young Adult Rowers (ages 12-29 regardless of experience). This is a coached, instructional program.

How Do I Join?

1. Fill out membership application
2. Become a US Rowing Member (online membership cost \$15)
3. Download SportsYou App for your phone to get updates, photos and practice information
4. Watch the Learn to Row and Safety Videos (will be sent to you via email when you hand in membership application)
5. Sign up for practices that you will attend (very important to sign up in advance to reserve your seat in the boat and plan practice)

Make this summer the one to remember-Row with us!

Rowing is an opportunity for every member to build confidence, physical strength / fitness and expand their horizons.



Fall Rowing 2019

Rowing Basics: What to Expect

Our Club currently has team boats for 4 rowers and 8 rowers (and one coxswain who steers)

Initially, coached practices will focus on the basic mechanics of the rowing stroke on a land and be oriented to the boat.

Each practice we will get on the water and work on different skills. The goal is to be able to row all together by the end of the season.

Please bring a water bottle and an extra change of clothes to each practice. Wear socks. Wear sunscreen.

We do not have a dock yet, so like many clubs, we will be wet launching the boats (you will walk in the water up to your knees).