

## Calendar of Events

November 2, 2019  
- April 4, 2020

**Adult Winter Training Sessions with Karen Shusterman**  
**Cohasset Recreation Center**  
**100 Sohier Street**  
**Cohasset, MA 02025**

*Improve your technique and fitness level with these coached training sessions. Whether as an individual or a crew goal, or if you have your eye on future destination row or race, this is a class for you.*

*Karen has been coaching youth and adult athletes at Cohasset Maritime Institute since 2015. Prior to joining CMI, Karen coached at Duxbury Bay Maritime School and at the Hingham Maritime Institute. Karen is also certified as a Concept 2 Indoor Rowing Instructor, and has trained rowers at all levels. Karen works with her erg students to meet their individual goals, whether that is competitive training or overall health and fitness. Not only does Karen train rowers for the exciting -yet grueling- C.R.A.S.H. B's Indoor Rowing Competition, but she has also taken on this competition as well as others herself. If interested, this year the C.R.A.S.H. B Sprints will be held on Sunday March 1st in Boston and they will be hosting the WORLD Indoor Championships. This should be an exciting day!*

*Anyone taking one of Karen's training sessions, is also entitled to a discount on our open erging membership (see below to register).*

*Session 1: Nov 2 - Dec 11*

*Saturdays 8-9:15 am or 9:30-10:45 am*

*Nov 2, Nov 9, Nov 16, Nov 23, Nov 30, Dec 7*

*Wednesdays 6:30-7:45pm*

*Nov 6, Nov 13, Nov 20, Nov 27, Dec 4, Dec 11*

*6 week session \$150*

*Session 2: Jan 15- Feb 22\**

*Saturdays 8-9:15 am or 9:30-10:45 am*

*Jan 18, Jan 25, Feb 1, Feb 8, Feb 15, Feb 22*

*Wednesdays 6:30-7:45pm*

*Jan 15, Jan 22, Jan 29, Feb 5, Feb 12, Feb 19*

*Session 3: Feb 26- Apr 4\**

*Saturdays 8-9:15 am or 9:30-10:45 am*

*Feb 29, Mar 7, Mar 14, Mar 21, Mar 28, Apr 4*

*Wednesdays 6:30-7:45pm*

*Feb 26, Mar 4, Mar 11, Mar 18, Mar 25, Apr 1*

*\*Schedules or make up days may need to be planned due to vacation/holiday schedules. These will be communicated closer to each session starting.*

*Please note, anyone signing up for one of our youth or adult sessions, we are offering a 50% discount for our Winter Open Erging Individual membership:*

*Adult & Youth Winter Open Erging*

*Nov 2 through April 30*

*CMI's rowing machines will be available for your use at your own pace.*

*At the Cohasset Recreation Center, 100 Sohier St, Cohasset, erging times are: Mon & Thurs 6-8pm and Sat 11-1pm. Staff will be on hand to assist you with questions*

*Also part of this membership is the use of our ergs at the CMI Boathouse at 40 Parker Ave, Cohasset for those who prefer the feel of the cold winter air as they row. No staff on hand. Youth members must pre-arrange times with adult supervision.*

*Cost:*

*Add-On \$80 (for anyone taking a youth or adult winter rowing class 50% off individual cost)*

*Families (2 or more) \$240*

November 2, 2019  
- April 30, 2020

### **Winter Open Erging**

*Join our winter indoor rowing program which runs November 2 through April 30, 2020. You will have use of our Concept 2 rowing machines during our recreation center hours or at the CMI boathouse. Erg at your own pace or get your friends to join and train as a crew!*

*Don't let the winter reduce your current fitness levels or keep you from your exercise goals. Rowing machines have been noted as one of the most effective full-body workouts. Not only can you burn calories but you can strengthen your core, and tone your upper and lower body while saving your joints from harsh impact.*

*The recreation center, located at 100 Sohler Street, will house eleven of our ergs that will be available Mondays and Thursdays 6-8pm and Saturdays 11am-1pm. We will have staff on hand should you have any questions on technique or need help researching Concept 2 workout challenges.*

*Also part of this membership is the use of our ergs at the Boathouse at 40 Parker Ave for those who prefer the feel of the cold winter air as they row. No staff on hand. Youth members must pre-arrange times with adult supervision.*

*Cost: (6 month period)  
Individual Open Erging \$ 160  
Families (2 or more) \$ 240*

*There is a 50% discount on the Individual Open Erging Membership when you register for an adult or youth winter training session. The add-on memberships are available to select when you register for these classes.*

*Youth Winter Training Sessions. [Click here to register!](#)*

*Adult Winter Training Sessions. [Click here to register!](#)*

*Otherwise continue through this registration for the Open Erging Membership with no training sessions.*

*Should you have any additional questions please feel to reach out to us via [info@rowcmi.org](mailto:info@rowcmi.org)*

December 2, 2019  
- March 1, 2020

### **Youth Winter Indoor Rowing**

*You can sign up for a Mon, Wed and/or Thurs time slot and choose to erg once, twice, or three times a week. Once a week will be for novice rowers who will develop their technique and build some endurance. Twice a week will be for more experienced rowers who want to improve their performance, higher intensity, and more technical drills. Three days a week will be for those who want to prepare for the C.R.A.S.H.-B Sprints on March 1st which this year Boston is hosting the World Indoor Championships.*

*December 2 through Feb 28 (C.R.A.S.H. B's Indoor Rowing Championships on March 1st)*

*Mon, Wed, Thurs 3:15-4:30 (more experienced rowers) or 4:45-6 (new & advancing rowers with 2 years or less of experience).*

*\*\*\*\*\* Please note Mon 3:15-4:30 Session is FULL \*\*\*\*\**

*1X week \$125 10 weeks*

*2X week \$200 10 weeks*

*3X week \$250 10 weeks*

*Cohasset Maritime Institute's Coach John Liffmann and Coach Karen Shusterman will lead these training sessions. John is one of the founders of CMI and its Director of Youth Programs. He is an active rowing coach and beloved mentor to CMI athletes for years. Karen has coaching youth athletes at Cohasset Maritime Institute since 2015.*

*Prior to joining CMI, Karen coached at Duxbury Bay Maritime School and at the Hingham Maritime Institute. Not only does Karen train CMI's youth for the exciting yet grueling Crash B Indoor Rowing Competition, but she has also taken on this Competition as well as others herself.*

*Click below:*

**REGISTER YOUTH WINTER ROWING**

*Please note, anyone taking one of our youth or adult training sessions, we are offering 50% off our individual open erging winter membership.*

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- April 30, 2020

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