

Learn to Row Registration

About Rowing at HRRC

- Rowing is a lifelong sport for men and women of all ages
- Rowing is an excellent way to meet new people and get a total-body workout in a relaxed, friendly environment
- Rowing can be both competitive and recreational
- Rowing is a time efficient workout that exercises all of your major muscle groups
- Rowing provides anaerobic and aerobic conditioning
- There is a great sense of camaraderie and team work with rowing
- HRRC is a very diverse club consisting of rowers of all ages and rowing abilities. We look forward to meeting you!

Learn to Row Pre-requisites

- In order to successfully learn to row you must have good balance and overall physical mobility
- You should be able to swim and before knee bends
- This course is aimed at participants aged 18 and above

What to Expect

- Classes are small (7) and taught by an experienced adult rower
- The rowing program will cover all you need to learn to be able to competently join the crew. You will also be provided a comprehensive "Rowing Guide" to review what you learned
- A class consists of six, 2 hour lessons over a 2 week period
- The first 2 lessons will familiarize you with the different phases of the rowing stroke. Once comfortable, you will quickly move to rowing in a boat on the water. You'll be taught rowing terminology and boat handling. There will be 1 coach in the boat and one in a safety launch
- Be prepared for a good workout by dressing comfortable (tshirt and shorts, not too loose) and bringing your own water bottle

After Learn to Row

- After LTR, you will be offered reduced membership of \$125 for the rest of the rowing season (until January 1st of next year) Grads can join a sweep crew (1 oar) or learn to scull (2 oars) with a club coach

2015 Learn to Row Registration Form

Instructions: Classes are filled on a first come, first served basis and generally fill fast.

The cost for the full course is **\$150**. Payments by check should be made payable to:

Hampton Roads Rowing Club.

Name: _____

Address: _____

Telephone: _____

Email: _____

T-Shirt Size: S/ M/ L /XL

1st Session Choice (dates below): A B C D E F

2nd Session Choice (dates below): A B C D E F

2015 Session Dates

A. May 11-23 (Mon, Wed, Sat)

B. June 2-13 (Tues, Thurs, Sat)

C. July 6-18 (Mon, Wed, Sat)

D. July 21-Aug 1 (Tues, Thurs, Sat)

E. Aug 3-15 (Mon, Wed, Sat)

F. Aug 18-29 (Tues, Thurs, Sat)

Please send this form to:

Learn to Row, HRRC

P.O. Box 9269

Norfolk, VA 23505

Other Questions? Please write Amanda at learntorow@hrrc.net