

LEARN TO ROW 2012



About Rowing at HRRC

- ❖ Rowing is an excellent way to meet new people and get a total-body workout in a relaxed, friendly environment
- ❖ Rowing is a sport for men and women of all ages
- ❖ 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 teamwork with rowing



Learn To Row Information

Classes are small and taught by experienced adult rowers. They will explain and demonstrate the fundamentals of rowing technique and guide you through the basic boat handling skills and safety rules.

The rowing program will cover everything you will need to learn to be able to competently join a crew.

A class consists of six, 2 hour lessons over a two week period.

Participation Prerequisites

In order to successfully learn to row you must have good balance and overall physical mobility. You should be able to swim and perform deep knee bends.

This course is aimed at participants aged **18 and above**.

By signing the registration form you are acknowledging you meet the above prerequisites.



What to Expect

Class sizes are limited to 7 students so you can receive close tutoring.

The first 2 lessons will familiarize you with the different phases of the rowing stroke. Once you are comfortable with the fundamentals, you will quickly move onto the water. You will be taught rowing terminology and boat handling. There will be one coach with you in the boat and one in a safety launch alongside.

One of the 6 sessions will be during club 'open row' hours where you will get the opportunity to meet the members of Hampton Roads Rowing Club and ask questions.

Be prepared for a good workout by dressing comfortably (t-shirt & shorts) and bringing your own water bottle.

After Learn To Row

As a graduate of the LTR classes you will be offered reduced membership of \$125 for the rest of the rowing season (until Jan 1st 2012). Thereafter, dues are charged annually. LTR graduates can then learn to scull (2 oars) with the club coach.



The benefits of membership include:

- ❖ Professional coaching from exceptional coaches who come out each week to help you improve your rowing stroke.
- ❖ Boat reservation of any of the club boats to use at any time of the day.
- ❖ Access to the boat house and rowing machines.
- ❖ Compete in national, international and local regattas with the club.
- ❖ Join the crew at parties, picnics and other social events.



2011 LTR Dates

Weekday evening sessions will be from 5:45pm until 8pm. Saturday morning at 8am until 10am.

Sweep (1 oar) rowing sessions are:

- A. May 14th – 26th – (Mon, Wed, Sat)
- B. June 19th – 30th – (Tue, Thur, Sat)
- C. July 16th – 28th – (Mon, Wed, Sat)
- D. August – – (Sat, Sun, Wed)
- E. September – – (Sat, Sun, Wed)

Make up classes will be scheduled in the event of poor weather or river conditions.

For more LTR information or email registration, please contact learntorow@hrrc.net

Registration Form

Name: _____

Address: _____

City _____ State _____ Zip _____

Telephone #: _____

Email: _____

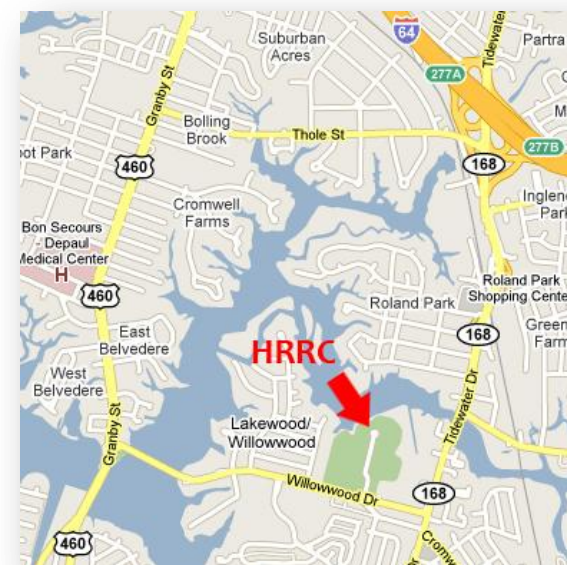
Tshirt size S / M / L / XL

First class choice A B C D E

Second class choice A B C D E

Directions

HRRC is located in Lakewood Park at the Sigrid and Trafton Robertson Rowing Center, on Willow Wood Drive in Norfolk.



Registration Instructions

Classes are filled on a first come basis, and typically fill fast. Fees are non-refundable. Enrollment starts February 1st.

Fill out the form on the back of this flyer and send to:

Learn to Row
H.R.R.C.,
P.O. Box 9269,
Norfolk,
VA 23505

Or email or phone learntorow@hrrc.net
757-753-5789 for more information.

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