

LEARN TO ROW

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 teamwork 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 Prerequisites

- 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

- Sessions have only eight (8) students and are taught by an experienced coach
- 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 session consists of six, 2 hour lessons over a 2 week period
- The first 1-2 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 crew and/or continue to work on rowing skills with a coach

LTR REGISTRATION FORM

Instructions: Sessions are filled on a first come, first served basis and generally fill fast. The cost for the full course is **\$150 per person**. Payments by check should be made payable to: Hampton Roads Rowing Club.

Fill out this form and send to:

Learn to Row, HRRRC

P.O. Box 9269

Norfolk, VA 23505

Name: _____

Address: _____

Telephone: _____

_____ Email:

1st Session Choice: 1 2 3 4

2nd Session Choice: 1 2 3 4

2017 Dates:

Session 1: May 8-20 (Monday, Wednesday, Saturday)

Session 2: June 13-24 (Tuesday, Thursday, Saturday)

Session 3: July 10-22 (Monday, Wednesday, Saturday)

Session 4: August 15-26 (Tuesday, Thursday, Saturday)

Other Questions? learntorow@hrrc.net or <http://www.hrrc.net/ltr>