

# LEARN TO ROW 2010



## 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 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 10 students so you can receive close tutoring. There will be at least 1 US Rowing certified coach and 1 support coach present at each lesson.

The first 2 lessons will familiarize you with the different phases of the rowing stroke. This will first take place using rowing machines. 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 and 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 1<sup>st</sup> 2011). Thereafter, dues are charged annually.



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.



## 2010 LTR Dates

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

- A. April 5<sup>th</sup> -17<sup>th</sup> (Mon, Wed, Sat)
- B. April 27<sup>th</sup> – May 8<sup>th</sup> (Tue, Thur, Sat)
- C. May 17<sup>th</sup> – 29<sup>th</sup> (Mon, Wed, Sat)
- D. June 8<sup>th</sup> – 19<sup>th</sup> (Tue, Thur, Sat)
- E. June 28<sup>th</sup> – July 10<sup>th</sup> (Mon, Wed, Sat)
- F. July 20<sup>th</sup> – 31<sup>st</sup> (Tue, Thur, Sat)
- G. August 9<sup>th</sup> – 21<sup>st</sup> (Mon, Wed, Sat)
- H. Aug 24<sup>th</sup> – Sept 4<sup>th</sup> (Tue, Thur, Sat)

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](mailto:learntorow@hrrc.net)

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone #: \_\_\_\_\_

Email: \_\_\_\_\_

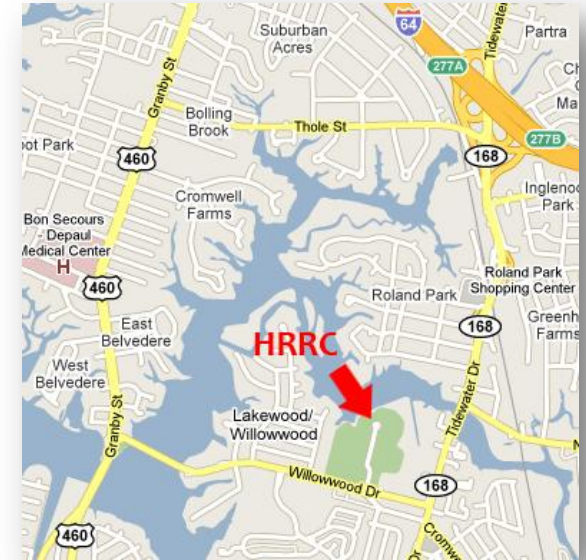
Tshirt size S / M / L / XL

First class choice A B C D E F G H

Second class choice A B C D E F G H

## 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. Fees are non-refundable. Enrollment starts February 1<sup>st</sup>. 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](mailto:learntorow@hrrc.net)  
757-623-1497 for more information.

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