



ADULT LEARN-TO-ROW

Plan to stay fit this summer by participating in one of the best all-round fitness activities there is – **ROWING!!** Not only is rowing a fantastic way to stay active, but a great way to meet new people. Rowing encourages a great sense of rhythm, timing and coordination, while at the same time increasing aerobic fitness and over all strength. **Rowing is for all ages!!** No previous rowing experience is necessary!!

ABOUT THE LEARN TO ROW PROGRAM

- The Durham Rowing Club runs the Learn-To-Row program on Lake Scugog from their boathouse, 8 Old Rail Lane, Rotary Park in Port Perry, just north of the public boat launch.
- The Learn-To-Row Program comprises eight 2-hour sessions
 - The first 4 sessions new learn to row participants receive in depth instruction and coaching with other fellow learn to row participants. Sessions usually run every Tuesday and Thursday evenings between 6:30P and 8:30P for 2 weeks.
 - The last 4 sessions, learn to row participants integrate into the recreational program, where they join the club's more experienced members. Learn to Row members in these 4 sessions are able to choose which days they come out, to help with people's busy schedules. Recreational rowing times are:
 - Monday evening - 6:15P-8:30P
 - Wednesday evening - 6:15P-8:30P
 - Thursday morning – 5:15A-7:00A (subject to change)
 - Saturday morning – 8:00A-10:00A
- In addition to teaching the foundation techniques rowing, the sessions also cover boat safety, rowing shell care and coxing.
- Initial land orientation instruction occurs the Saturday before the start of each session at 8:30A-10:30A
- The lead instructors are Certified Learn to Row Instructors and/or RCA Coaches through Rowing Canada Aviron and the Coaching Association of Canada.
- All on-water training takes place in two, four and eight person rowing shells.

The first session is scheduled to commence in the first week of May and continuing into August.

Spaces are limited, so enroll early!!

Due to the nature of our sport, you do need to be physically able to participate in potentially strenuous activity

While no previous rowing experience is necessary, the following are the requirements to participate in the program, if in doubt **please** consult your physician, be a competent swimmer, be at least 14 years of age and are prepared to observe the safety and Standard Operating Procedures of the Durham Rowing Club.

The full Learn-to-Row fee can be credited against a **FULL** Club Membership.

For further information check our web site www.durhamrowing.com or Email Jeanette at jlrows2@hotmail.com or Jenn at silkenj@yahoo.com.

Durham Rowing Club