

# 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 1<sup>st</sup> of next year)  
Grads can join a sweep crew (1 oar) or learn to scull (2 oars) with a club coach

# 2016 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 per person. Payments by check should be made payable to: Hampton Roads Rowing Club.

Fill out this form and send to:

Learn to Row, HRRC

P.O. Box 9269

Norfolk, VA 23505

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

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

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

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

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

1st Class Choice: 1 2 3 4 5 6 7

2nd Class Choice: 1 2 3 4 5 6 7

## 2016 Dates:

Session 1: May 17-28 (Tue, Th, Sat)

Session 2: Jun 6-18 (Mon, Wed, Sat)

Session 3: Jun 21-July 2 (Tue, Th, Sat)

Session 4: Jul 11-23 (Mon, Wed, Sat)\*

Session 5: Jul 26-Aug 6 (Tue, Th, Sat)

Session 6: Aug 8- Aug 20 (Mon, Wed, Sat)

Session 7: Aug 23-Sep 3 (Tue, Th, Sat)

\* Session 4 is a special child/parent session! A parent must accompany their rising 7th grade and older children.

Other Questions? [learntorow@hrrc.net](mailto:learntorow@hrrc.net) or 978-478-7998