

Youth Rowing School 2017

Learn to Row (sweep) and Advanced (sculling) Programs St. Catharines Rowing Club



*New this year: 2 and 3 week sessions and discounts for multiple sessions and family members!

Learn to Row Program - This beginner program is designed to teach boys and girls ages 10 – 14 the basics of rowing in an 8 person shell with coxswain just like those you saw at the Rio Olympics last summer. Included will be conditioning techniques along with on water instruction. When the weather is inclement fitness and rowing oriented on-land activities will be provided.

Advanced Program: This program, with a low student to instructor ratio, is designed for boys and girls ages 12 – 17 who have participated in at least 2 years of the Learn to Row program or similar, or by recommendation of a past or current rowing coach. The program is designed for those athletes who want to further build their rowing skills and fitness level. High school athletes who want to develop their sculling and small boat sweep skills are also invited to attend. The Advanced Program will focus on sculling and small boat instruction as well as training and conditioning for rowing and racing. Video analysis will be used to enhance instruction.

Two 2 week sessions and one 3 week session for summer 2017 are offered this year for both the Learn to Row and the Advanced programs.

	Learn to Row (Capacity of 50 per session)	Advanced (Capacity of 25 per session)
Session 1: July 3 – 14 (2 weeks)	\$200	\$290
Session 2: July 17 – August 4 (3 weeks)	\$270	\$390
Session 3: August 14 – 25 (2 weeks)	\$200	\$290

Early bird Special - \$5.00 discount on total price for registrations before May 15, 2017.

Multiple Registrations –\$20 off the total cost when registering (at the same time) one child for 2 or more programs OR when registering 2 or more siblings in any program (at the same time).



Each program runs for 3 hours from 9 a.m. to 12:00 noon Monday to Friday. Staff will be available from 8:30 a.m. until 12:30 p.m. for supervision for drop-off and pick-up.

Swim test – “A swimming safety test, held on the first day of each session, is required. Learn to Row athletes will be required to tread water for 5 minutes and swim 4 lengths of the Port pool with their clothes and a banana belt on. Advanced will do likewise, without the banana belt.”

For complete details and to register visit:

www.stcatharinesrowingclub.org