

Youth Rowing School 2018

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



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. 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 2018 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 One – July 2 -13 (2 weeks)	\$240	\$330
Session Two – July 16 – August 3 (3 weeks)	\$330	\$450
Session Three – August 13 - 24 (2 weeks)	\$240	\$330



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 4 minutes and swim 4 lengths of the Port Dalhousie pool with their clothes and a banana belt on, as well as put on and take off a PFD while in the water. Advanced will do likewise, without the banana belt.”

For complete details and to register visit:

<http://scrcrowing.weebly.com/youth-rowing-school.html>

or Google - www.stcatharinesrowingclub.org