

Youth Rowing School 2019

St. Catharines Rowing Club



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, focussing on rowing 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 rowing coach. The Advanced Program focuses on sculling and small boat instruction as well as training and conditioning for rowing and racing. The program is designed for those who want to further build their rowing skills and fitness level and athletes preparing for secondary school competitive programs. Secondary school athletes who want to develop sculling and small boat sweep skills are also invited to attend.

One 3 week session and two 2 week sessions for summer 2019 are offered for both the Learn to Row and the Advanced programs.



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 roll sideways into the water then tread water for 4 minutes and swim 4 lengths of the Port Dalhousie pool wearing rowing clothes and a banana belt. They will be required to 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 St. Catharines Rowing Club.

	Beginner (Capacity of 50 per session)	Advanced (Capacity of 25 per session)
First Session – July 2 to July 19 (3 weeks)	\$420	\$460
Second Session – July 22 to August 2 (2 weeks)	\$300	\$350
Third Session – August 12 to August 23 (2 weeks)	\$300	\$350