

CRC Learn to Row Programs

GROUP LEARN-TO-ROW:

CRC Learn-to-Row sessions will be held monthly. Rowers will learn the basics of sculling. Course topics include: safety, equipment handling, terminology, and rowing. **Membership in CRC is NOT required.**

TO REGISTER:

Contact Tara Riley at tara@cheerful.com to reserve a seat in the session.

If space is available, you will receive a confirmation e-mail. Upon receiving confirmation, please submit: [registration form](#), [waiver](#), and payment to the address on the registration form.

Each Learn-to-row class consists of six, 2-hour lessons. At least 4 rowers are needed for a session to be held. Each session will consist of 12 hours of coaching in a quad. The cost is \$300 for Non-Members, and \$150 for Members. If a student joins CRC within one month of completion of the program, \$100 will be applied toward membership dues.

Upon completion of the program, students will be invited to apply for membership to CRC. As a member, you will be eligible to row in a CRC crew boat, and eligible to request certification in a single (See next page)

2009 Learn to Row Schedule

Month	Day	Dates	Times	Availability
May 2009	Tues/Thurs	5/12, 5/14, 5/19, 5/21, 5/28, 6/2	6:00-8:00PM	OPEN
June 2009	Mon/Wed	6/8, 6/10, 6/15, 6/17, 6/22, 6/24	6:00-8:00PM	OPEN
July 2009	Tues/Thurs	7/7, 7/9, 7/14, 7/16, 7/21, 7/23	6:00-8:00PM	OPEN
Aug 2009	Mon/Wed	8/3, 8/5, 8/10, 8/17, 8/19, 8/24	6:00-8:00PM	OPEN
Sept 2009	Tues/Thurs	9/1, 9/3, 9/8, 9/10, 9/15, 9/17	6:00-8:00PM	OPEN

Continued...

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Learn to Row a Single - Semi Private Lessons for MEMBERS ONLY:

CRC Learn-to-Row-a-single sessions are for **CRC Members only** and will be held every Monday at 6:00 pm. Rowers will learn the basics of sculling in a beginner single (gig). These sessions are for rowers who have completed a Learn-to-Row program but are not certified to row a single, or others at the discretion of the coach.

Sessions are scheduled on a "show up and row" basis. Rowers progress at their own rate and will be certified to row a single depending on their comfort level in the boat and at the discretion of the coach.

The cost is \$35 per session.

Private Lessons - MEMBERS ONLY:

Private lessons are open enrollment and scheduling is worked out between the rower(s) and the coach. Private lessons may be in singles, doubles, or quads. Private lessons through CRC are for CRC members only. Boats must be reserved by the member on the CRC boat log.

Contact: [Jamie Stack](#)