



Learn to Row Course – Stratford-upon-Avon Evening Course

The Learn to Row course is an introduction to the sport. It will run as 8 x 2 hour sessions, one a week on Tuesday or Thursday evening each course will have 6 spaces. Sessions may be indoors, practising technique on indoor rowing machines, but most sessions (subject to safe river and weather conditions) will be on the water, learning to row in different types of boats. Our club boathouse is on the riverside in the middle of Stratford-upon-Avon, opposite the Royal Shakespeare Company theatre.

Tuesday or Thursday evenings, 8 sessions 18:30 - 20:30.

Tuesday Evening Session dates: 15th June, 22nd June, 29th June, 6th July, 20th July, 27th July, 3rd August, 10th August. You need to commit to these dates and attend most sessions to make progress.

Thursday Evening Session dates: 17th June, 24th June, 1st July, 8th July, 22nd July, 29th July, 5th August, 12th August. You need to commit to these dates and attend most sessions to make progress.

The course is for adults. To meet the British Rowing adult category, you must be beyond the academic year in which turned 18. If you are younger, check out our junior summer camps.

What to expect

Rowing is a sport. You need a reasonable level of fitness and flexibility, and good tenacity to learn to row. For this course we would expect you to have a decent fitness level from the start as we will build up your time on the water and on the rowing machine rapidly. You must also be able to swim. Rowing is technically difficult, and it can take a long time on the water to reach a level where you can row competently, so bear in mind this is an introduction to the sport only. You need to enjoy the outdoors and expect to get wet and uncomfortable at times.

After the course

By the end of the course, you will appreciate there is still much to learn and you have only just started. From September, if you want to continue, you will be invited to join the club (£295 per annum or £25 per month for novice membership). During your first year rowing you will be restricted to rowing in a coached group or with other experienced members until you have been signed off as competent by one of the club's coaches. As with all sports, if your aspiration is to compete for the club, you will need to hone your rowing technique, be really fit, and commit to training sessions several times a week to get into a crew.

Cost

8 session course £180, including £40 non-refundable deposit payable in advance. **Please check whether we already have your deposit before sending any money.** The balance of £140 is due by the second session. £40 deposit must be sent to SuABC Activities a/c, sort code 60 20 41, 43808689, ref your surname.

What the costs cover - coaching, facilities, equipment, British Rowing membership.

Costs cover coaching, equipment, boats, boat licences, insurance, club facilities, rowing machines, safety equipment, and British Rowing affiliation membership for 1 year.

Clothing

You need to wear close fitting sports clothing, layered to meet the outdoor conditions, and trainers. Clothing guidelines will be sent out with joining instructions.

We can only run a small learn to row groups in Summer 2021. There are 6 places for each course, so please only sign up if you can commit to attending most sessions of the course. You cannot make progress if you dip in and out of the course.

About the club

Stratford-upon Avon Boat Club is primarily a competitive rowing club, owned and run by its members. It has a large junior section and experienced competitive adult crews who train during the evenings and weekend mornings. For safety reasons, we cannot mix novice and recreational rowing with fast moving crews who are training, so recreational rowing takes place on weekday mornings. We are lucky to have a beautiful stretch of water, but it is restricted and shared with many other users. In the summer the river is very busy with trip boats, canal boats, and hire boats, so we row early in the morning before the crowds are out.