



Learn to Row Course – Stratford-upon-Avon

If you haven't rowed before, or you last rowed years ago, this course is an introduction to the sport. The course runs in three stages, so you can decide at the end of each stage if you want to continue to the next.

Course sessions will initially be indoors, learning technique on the indoor rowing machines, but the majority of sessions (subject to safe river and weather conditions) will be on the water, learning to row in a variety of different types of boats. Our club boathouse is on the riverside in the middle of Stratford-upon-Avon, opposite the Royal Shakespeare Company theatre.

Taster Session: Compulsory (attend 1 session) 5 sessions to be offered WC 8th April

Evenings -18.30

Weekends -11.00

Stage 1: Indoor technique and fitness sessions (2 sessions a week for 4 weeks) WC 6th May – Finishing 2nd June

Session dates: Tuesday 18.30 & Saturday 11.00

Session dates: Thursday 18.30 & Sunday 11.00

Stage 2: Water Sessions (2 Sessions a week for 5 weeks) WC 10th June – Finishing 14th July

Session dates: Tuesday 18.30 & Saturday 11.00

Session dates: Thursday 18.30 & Sunday 11.00

Stage 3: Water Sessions (2 Sessions a week for 5 weeks) WC 22nd July – Finishing 25th August

Session dates: Tuesday 18.30 & Saturday 11.00

Session dates: Thursday 18.30 & Sunday 11.00

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. It is technically difficult, and it takes most people a long time to reach a level where they can row competently. You need to enjoy the outdoors, and expect to get wet and uncomfortable at times.

At the end of stage 3 there will be an opportunity to join the club, with a full time or part time membership, and become part of the development squads, which will involve training in regular crew boats with the aim of racing at regional races.

As with all sports, if your longer term aspiration is compete for the club at a national level, you will need to develop your rowing technique, fitness, and commit to training sessions several times a week to get into a crew.

Cost

Stage 1: £40. Payable on booking your place on the course.

Stage 2: £100. Payable by the first session of stage 2.

Stage 3: £100. Payable by the first session of Stage 3.

Facilities, equipment, clothing

The cost of the course covers all the equipment and facilities you need (training boats, stable boats, boat licenses, indoor training facilities, rowing machines, safety equipment) as well as coaching. 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.

If you wish to book a place on the course:

We are running a number of taster sessions throughout the w/c 8th April, so that you can get to know the people that will be running the courses and find out if the sport is right for you before committing. Please apply on-line via the club website to take part in a taster session, which is compulsory.

www.stratford-rowing.co.uk/learn-to-row

After attending these sessions, emails will be sent out to all that have registered an interest in booking onto the course.