



## Learn to Row Course – Stratford-upon-Avon Intensive

If you are already fit and active, this is an intensive Learn to Row course for people who have can learn quickly and have the potential to join our senior or masters rowing squads.

We are running 2 courses. Each course is 6 weeks, two evening sessions a week, Tuesdays and Thursdays. Dates below. You need to commit to attending all sessions in the course you chose.

Sessions will be on the water, leaning 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.

### **Compulsory Taster Session: attend 1 session, select from sessions w/c 16<sup>th</sup> March or w/c 23<sup>rd</sup> March**

Indoor session, covering fitness, basic rowing technique on rowing machines, and what to expect from the course. You must attend a taster session to be invited to join the course.

### **6 week Course 1: 2 Sessions a week, Tuesdays and Thursday evenings, 18.30-19.30, for 6 weeks**

Session dates:

Tuesday 21<sup>st</sup> April & Thursday 23<sup>rd</sup> April  
Tuesday 28<sup>th</sup> April & Thursday 30<sup>th</sup> April  
Tuesday 5<sup>th</sup> May & Thursday 7<sup>th</sup> May  
Tuesday 12<sup>th</sup> May & Thursday 14<sup>th</sup> May  
Tuesday 19<sup>th</sup> May & Thursday 21<sup>st</sup> May  
Tuesday 26<sup>th</sup> May & Thursday 28<sup>th</sup> May

### **6 week Course 2: 2 Sessions a week, Tuesdays and Thursday evenings, 18.30-19.30 for 6 weeks**

Tuesday 16<sup>th</sup> June & Thursday 18<sup>th</sup> June  
Tuesday 23<sup>rd</sup> June & Thursday 25<sup>th</sup> June  
Tuesday 30<sup>th</sup> June & Thursday 2<sup>nd</sup> July  
Tuesday 7<sup>th</sup> July & Thursday 9<sup>th</sup> July  
Tuesday 14<sup>th</sup> July & Thursday 16<sup>th</sup> July  
Tuesday 21<sup>st</sup> July & Thursday 23<sup>rd</sup> July

### **Cost**

£180 Full payment is due on the first session of the course. A £20 deposit is needed to secure your place on the course and this is payable after the taster session.

The course is for adults. To meet the British Rowing adult category you must be beyond the academic year in which turned 18.

### **Facilities, equipment, clothing**

The cost of the course covers all the equipment and facilities you need (training boats, stable and fine 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.

### **What to expect**

Rowing is a sport. You need a base level of fitness, athleticism and tenacity to learn to row. It is technically difficult, and takes a great deal of practical skill building to row competently. You need to enjoy the outdoors, and expect to get wet and uncomfortable at times. For this intensive course we expect a good level of fitness at the start.

At the end of the course there will be an opportunity to join Stratford Boat Club and become part of a development squad, which will involve training in regular crew boats with the aim of racing at regional races. To give you a guide, annual club membership is xxx for your first year, thereafter £455.

### **If you wish to book a place on the course:**

You must attend one of the taster sessions in March 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. **[www.stratford-rowing.co.uk/learn-to-row](http://www.stratford-rowing.co.uk/learn-to-row)**

After the taster sessions, emails will be sent out to those who have registered an interest in booking onto the course.