



## **Adult Learn to Row Program 2008**

### **19+ years of age**

Come learn to row in beautiful Deep Cove. Get a group of friends together and try a water activity that is an ideal conditioning sport for all ages. Learn the basics of rowing, from the terminology to the skills of rowing in a racing shell. Participation in the Learn to Row (LTR) will prepare you for the summer Recreational or Competitive programs.

#### **The Learn to Row program consists of eight two hour sessions.**

We will take you through an introduction to rowing techniques, equipment, safety and terminology. You will learn with others in a racing shell, under the guidance of our certified coaches. This is an opportunity to slowly build on skills learned and prepare to progress into a recreational or competitive program.

If you have a group of four or more people who would like to do a Learn to Row at a time not scheduled below we can create a time to suit your group.

#### **Summer**

<u>Start Date</u>	<u>Days</u>	<u>Time</u>	<u>End Date</u>
June 2	Mon & Wed	6:30-8:30pm	June 25
June 3	Tues & Thurs	6:30-8:30pm	June 26
July 7	Mon & Wed	6:30-8:30pm	July 30
July 8	Tues & Thurs	6:30-8:30pm	July 31

Price: \$250 GST (includes GST and registration fee)

**Program and space availability information is accessed through the Deep Cove Rowing Club- contact [deepcoverowclub@hotmail.com](mailto:deepcoverowclub@hotmail.com) .**

**Program payment by cheque. Mail to: DCRC, PO Box 32, #112-1151 Mt Seymour Road, North Vancouver, BC, V7H 2Y4**