



**NOTE: All rowers in ongoing programs must pay an annual DCRC membership fee which is included in the listed prices..**

- For recreational, learn to row, high school, summer camp programs and Corporate Challenge participants the annual membership fee is \$25.
- For competitive rowers (those that compete in Rowing Canada Sanctioned Regattas) the annual fee is \$60.

**These fees cover membership in Rowing Canada and insurance costs. Program fees are paid in addition to membership fees.**

## **Adult Rowing Programs 2007**



### **Adult Recreation Program** 19yrs&up

Adult recreation is the perfect program for those who have participated in the Community Corporate Rowing Challenge, or are graduates of the Learn to Row program. Emphasis will be placed on fitness and skill improvement. Prerequisite: You must complete the equivalent of the Learn to Row program or Community Corporate Rowing Challenge to participate in this program.

Sessions are offered **weekly from May 28 – Nov 3:**

Tuesday, Wednesday and Thursday at 7:00pm,  
Tuesday, Friday and Sunday 9:30am

**Price:** 20 session **Punch Cards** are available at the boathouse for recreational rowing, \$290 (\$265 if you have registered in Corporate Challenge your registration fee is already paid).

Shared punch cards- \$290 for the 20 session card

**Drop in** rate of \$15 for each 1.5 hour session. The first session is charged an extra \$26.50 admin fee



### **Adult Learn to Row Program- eight sessions 19yrs&up**

Come learn to row in beautiful Deep Cove. Get a group of friends together or come on your own and meet other new rowers. 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.

#### **Summer**

<u>Start Date</u>	<u>Days</u>	<u>Time</u>	<u>End Date</u>
May-28	Mon & Wed	6-8pm	Jun-20
May-29	Tue & Thurs	6-8pm	Jun-21
Jun-02	Sat & Sun	1-3pm	Jun-24
Jul-07	Sat & Sun	1-3pm	Jul-29
Jul-09	Mon & Wed	6-8pm	Aug-01
Jul-10	Tue & Thurs	6-8pm	Aug-02

**Price:** 8 sessions \$240



### **Masters Rowing Program 27yrs&up**

### **Seniors Rowing Program (19 to 26yrs)**

#### **Summer**

M, W, F and Sa 5:30-7am June - Sept

*\$485 (for initial program registration each calendar year-includes membership and RCA competitive fee).*

#### **Fall**

M, W, F and Sa 5:45-7:00am Sep -Nov

*\$485 (for initial program registration, \$425 thereafter- includes RCA competitive fee)*

#### **Spring**

M, W, F and Sa 5:45-7:00am Feb to May

*\$485*

***Annual Masters/Seniors rowing program*** who row in the spring, summer, fall and winter programs is \$1010 for 4 practices a week (Nov - Feb has limited on water time with some indoor training)



**8<sup>th</sup> Annual Corporate Rowing Challenge**  
**Training Program in Deep Cove, April 9 to May 26, 2007**

The **Corporate Rowing Challenge** is once again looking for participants from businesses, groups and clubs for the 8<sup>th</sup> annual event. The crew practices twice per week for a 7 week rowing program at the **Deep Cove Rowing Club** location. During the sessions teams will learn basic boat handling, rowing and racing skills. No previous experience is necessary.

**Team Sizes**

**Eights:** Sweep rowing – rowers have one oar each. The team consists of 10 participants; 8 rowers, 1 coxswain (steers the boat) and an alternate.

**Quads:** Sculling – rowers have 2 oars each. A team consists of 5 participants; 4 rowers and an alternate.

**Levels of Competition**

**Challenger:** A category for those new to rowing. **Defender:** Open to experienced rowers in your Organization.

**Entry Fees:**

Quads (5 people)  
Eights (10 people)

**Price**

\$1190 includes GST  
\$2070 includes GST

**Practice Times (Beginning the week of April 9, 2006)**

Mon & Wed 5:30pm – 7pm  
Mon & Wed 7pm – 8:30pm  
Tue & Thu 5:30pm – 7pm  
Tue & Thu 7pm – 8:30pm  
Sat & Sun 1:30 – 3pm (begins April 7<sup>th</sup> and 8<sup>th</sup>)  
Sat & Sun 3- 4:30pm (begins April 7<sup>th</sup> and 8<sup>th</sup>)



**Private Lessons**

Private sessions are available. To book please call 604 929 4510 or email [deepcoverowclub@hotmail.com](mailto:deepcoverowclub@hotmail.com).

1.5 Hours

Non- Members \$75.00 per person for a single, \$70 per person for a double, \$60 per person for a quad.

Members \$50 for a single, \$40 per person for a double, \$30 per person for a quad

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

**Program schedule is subject to change.**

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

**OR by credit card at [www.northvanrec.com](http://www.northvanrec.com) (Click on program/rowing)**

**Missed Sessions**

It is the responsibility of the registrant to attend the scheduled sessions. Cancelled sessions due to unsuitable weather will not be made up. In the unforeseen circumstance that a session is cancelled, we will do our best to reschedule.

**Privacy Statement**

All personal information given by participants will only be used for administration and regular communication with respect to the rowing programs. Your information will not be sold or given to anyone else with commercial intentions or otherwise.