

# ADULT LEARN-TO-ROW PROGRAM 2009

*\$260 (includes tax and RCA registration fee)*

**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 top-of-the-line racing shell. Participation in the LTR Program will also prepare you for joining either a recreational or competitive program.

## **THE LTR PROGRAM CONSISTS OF EIGHT 2-HOUR SESSIONS.**

We will take you through an introduction to rowing technique, equipment, safety, and rowing terminology. You will learn with others in a 2x (double) or 4x (quad) racing shell, under the guidance of our certified coaches. If you have a group of four or more people who would like to participate in a LTR at a time not scheduled below we can create a time lot to suit your group.

Start Date	Days	Time	End Date
June 1	Mon & Wed	6:30-8:30pm	June 24
June 2	Tues & Thurs	6:30-8:30pm	June 25
July 6	Mon & Wed	6:30-8:30pm	July 29
July 7	Tues & Thurs	6:30-8:30pm	July 30

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 or credit card.**

**“Deep Cove Rowing Club”  
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