

ADULT LEARN-TO-ROW PROGRAM 2009

\$250 (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 slot 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

Program payment by cheque or credit card.

**“Deep Cove Rowing Club”
PO Box 32, #112-1151 Mt Seymour Rd.
North Vancouver, BC
V7H 2Y4**