

2017 FRC Rowing Programs

Learn to Row (LTR) \$100 plus a once yearly \$20 safety surcharge and \$20 RCA fee

No previous experience necessary but it is important that you can swim 50 m, tread water for 15 minutes and be comfortable around water. Minimum 4 people per class is needed for a class to run. Max. 10

This program offers 16 hours of instruction (8 – 2 hour sessions) held during a 2-week period.

Monday 5:30 Thursday 6pm, Saturday 10am, Sunday 5:30pm

LTR Adults 19 or older will learn the basic skills of sweep rowing (1 oar) and sculling (2 oars). Course will cover safety on and off the water- boat handling, how to leave/enter the dock area, rowing equipment, balance in the boat.

	Start	End	
Adult LTR 1	May 23	June 4	
Adult LTR 2	June 13	June 24	
Adult LTR 3	July 4	July 16	
Adult LTR 4	August 22	Sept 1	(14 hours of instruction due to Labour Day)

LTR Junior Rowers ages 13- 18

Learn the basics of rowing, including safety, equipment, dock entry/exit, body movement. Focus is on Fun and enjoying learning a new sport.

Summer programs times
(June 26- August 27)

Tuesday 3:30 pm
Wednesday 3:30 pm
Thursday 8 am
Friday 3:30 pm

	Start	End
Junior LTR1	June 26	July 9
Junior LTR 2	July 10	July 23
Junior LTR3	August 14	August 27

Novice 4 times weekly Price will be pro-rated depending on end date of LTR session. (approx. \$100/month)

This program is the next step after completing a LTR course. Emphasis will be on improving your rowing and boat handling skills which will prepare you second year rowing and participating in our local FRC regatta and fun Pudding race days. Your schedule will be **determined by the LTR coaches. Please contact Caroline Grant for times carolinegrantt@gmail.com**

Recreation Masters \$400 plus \$20 safety surcharge and \$20 RCA fees

This program is for athletes 19 and older who just want to row in a safe environment 3 to 5 times a week. Coaching is **not** available although all sessions will have either a Safety Boat or Coach Boat on the water. Athletes will need to attach to the appropriate coach / driver and keep within 100m. Other sessions to row in can be requested in writing through the Coaching Team via Shelley Swift – Director of Coaching.

Choose up to 5 sessions per week:

Options:

- Monday 6am
- Monday 8am (Starts June 5th ends August 31st)
- Tuesday 7:30pm (starts June 5th ends August 31st)
- Wednesday 6am
- Wednesday 7:30 pm (starts June 5th ends August 31st)
- Thursday 6am
- Thursday 8am
- Thursday 7:30pm (starts June 5th ends August 31st)
- Saturday 10am
- Sunday 10 am 3:30pm & 5:30 pm

Competitive Masters (up to 8 sessions per week) \$500 plus \$20 safety surcharge \$60 RCA & RNBA fee

Athletes ages 19 and up will select **4** of the 7 coached sessions available

– Evenings will be crew focused- 8's and 4xs (some 2xs)

Athletes can then choose **4** more water sessions

– These will have some form of coach/safety boat on the water but there is no guarantee of coaching.

Coached Sessions (choose 4)

Monday 8am – scull (max 8) (Starts June 5th)
7:30pm Crew 8's (max 12)

Tuesday 8am scull (max 8)

Wednesday 5:30 pm Crew, 8's (max 12)

Thursday 8am scull (max 8)
5:30 pm Crew, 8's (max 12)

Saturday 8am Sweep/ scull (starts June 5th)

Un- Coached Sessions (choose 4)

Monday 6am

Tuesday 7:30 pm

Wednesday 6am
7:30pm

Thursday 6am
7:30 pm

Friday 6am

Saturday 10am

Sunday 10am, 3:30 pm & 5:30 pm

Competitive Juniors (up to 8 sessions per week) \$500 plus \$20 safety surcharge \$60 RCA & RNBA fee

All juniors wishing to race at any point in the season should join the Junior Competitive Program.

(except for Juniors in the NB High Performance Group)

If after CG trials, athletes are selected to the Summer Games team – these athletes will have to top up to the Club Performance Program (+\$150) 12 + coached water/ land sessions

Monday	3:30pm All Juniors
Tuesday	6am – Canada Games only 8am by Invite/ help with LTR (starts June 26) 5:30 pm Canada Games only 7:30 pm twilight row, no coaching (starts June 5 th ends August 31 st)
Wednesday	6am – Canada Games only 8am All Juniors (starts June 26) 3:30 pm All Juniors 5:30 pm Land Training 7:30 Twilight Row, no coaching (starts June 5 th ends August 31 st)
Thursday	8am by Invite / help with LTR 3:30 pm All Juniors 5:30 pm Canada Games only 7:30 pm Land training possibly
Friday	6 am Canada Games only 3:30 pm Help LTR 5:30 All Juniors
Saturday	6 am Canada Games only 8 am All Juniors 10 am Safety boat on water / help with LTR
Sunday	8 am Canada Games only 10 am all Juniors 3:30 pm Safety Boat on water – no coaching *LTR priority 5:30 pm Safety Boat on water – no coaching * LTR priority

Performance (12 + training times) \$650 plus once yearly safety surcharge of \$20, RCA fee \$60

Invited and coached by RNBA coach. Monday to Saturday 6am plus Sunday at 8am Other training times will be arranged by coaching staff.

Partial Membership – to replace punch card system \$150 plus \$20 safety surcharge & \$20 RCA fee

13 weeks **Starting** June 5th **Ending** August 31st

2 sessions per week – non-coached

Choose 2 from: **Weekday twilight rows 7:30pm Tuesday, Wednesday, Thursday**
Weekend: Saturday 10am or Sunday 3:30pm

**Please note this program does NOT qualify as a full program membership and as such is not available for private boat rack privileges.*

Adult Learn to Row Indoors \$20

Cost: \$20.00 for 8 sessions

Dates: 4 weeks starting Tuesday April 18 ending May 11th (Tuesdays and Thursdays at 6pm)

Location of Sessions: The Cultural Centre for all sessions during the month of April 10, 2017

Small Craft Aquatic Centre for all sessions during the month of May

Sessions: All sessions 6:00-7:00pm.

Middle School Learn to Row Indoors \$20

Cost: \$20.00 for 12 sessions and competition (twice weekly)

Dates: 6 weeks starting the week of May 1st– June 9th. Final Competition Sunday, June 11th

Location of Sessions: Fredericton Rowing Centre, Small Craft Aquatic Centre

Sessions: All sessions 4:00-5:00pm. Select your **two** preferred sessions by placing a '1' in the blank. Put an 'x' in sessions you absolutely **cannot** attend.

Mondays ____ Tuesdays ____ Thursdays ____ Fridays ____

Program Cancellation FRC reserves the right to cancel programs if the enrolment quotas are not met: in this situation, all registrants will be notified and a full refund will be provided.

Yearly Membership Fees include all monies collected for programs offered by the FRC beginning May 1st and expire April 30th of the following year. **All fees paid to the FRC are non-refundable** except in the presence of medical condition requiring withdrawal from program (doctors note). Payment of fees is by cheque (payable to Fredericton Rowing Club), cash to the registrar or online credit card payment on the RCA system. Program schedules are subject to change. Payment must be made in full at time of registration. Alternatively, payment can be made over a 2-month period. Two post-dated Cheques dated May 1, June 1 must be submitted to the FRC registrar or Treasurer within one week of registering

Late or Non-Payment of Fees: Fees will be considered late if not received within one week of the stipulated payment date. Members with late fees may, at the discretion of the Board/ Coaches have their rights of membership suspended until the fees are paid in full. If fees are not paid within one month of the stipulated payment date the Board may terminate the membership of the individual, provided a notice of non-payment has been sent to the Members last known mail address at least 7 days before the termination is to come into effect.

NO rowing without program fees paid in full (1st installment and post-dated cheque) and registration on the RCA site. For memberships requiring review or special payment considerations please contact the registrar at: registrar@frederictonrowingclub.ca

If there are extenuating circumstances regarding your program fees please submit your request for membership review to: registrar@frederictonrowingclub.ca