



FREDERICTON ROWING CLUB

ADULT ROWER LEARN TO ROW / DEVELOPMENT PROGRAMS

This is a structured rowing program tailored to first time and novice adult participants (19+ as of January 1st of the current year). Although age is not a factor, rowers need to be strong enough to safely lift, carry and lower the rowing shells. The primary focus of this program **is not** competitive/performance rower development.

Over the initial 2 weeks, participants will undergo five sessions (10 hrs. of instruction), youth will learn the basic skills of sculling in competitive racing shells on the beautiful Wolastoq River. Upon completion, participants may register in the Adult Development Program, to row for the rest of the summer and the option to register for a Fall Rowing Program (September - October).

Once participants have completed their Learn-to-Row Program, participants can register for the Adult Development Program, where you will have the chance to row in crews with other new members and will have dedicated coaching at each of the sessions to help you continue to develop the skills learned in your Learn-to-Row Program.

INCLUDED: Rowing Equipment, Sun, Wind, Rain, Ducks, Bugs, Dedicated Coaches and Volunteers

ITEMS TO BRING: Water Bottle, Sunscreen, Hat, High-Visibility Clothing (orange/brightly coloured shirt) and most important ***Positive Attitude, Willingness to Learn and Have Fun !!!***

ADULT LEARN TO ROW PROGRAM (5 sessions - 10 hours)

Learn to Row participants are introduced to boat handling, rowing equipment, proper use of safety equipment, the basic rowing stroke and the art of rowing as a crew. Participants will be introduced to sculling (2 oars), sweeping (1 oar), learn basic terminology and practical water safety. Following completion of the Learn to Row program participants are encouraged to join the rowing development program and continue to row for fun and fitness.

COST: \$252.50 (includes all applicable National and/or Provincial Sport Organization participant fee(s)). This amount will be credit towards subsequent registration in the Adult Development Program in the current season.



FREDERICTON ROWING CLUB

ADULT ROWER LEARN TO ROW / DEVELOPMENT PROGRAMS

SCHEDULE: Please go to the Fredericton Rowing Club website for current season's schedule.

ADULT DEVELOPMENT PROGRAM

This is an extension of the Adult Learn to Row Program(s). Participants will continue to learn on water skills and technique, improve their fitness and will be introduced to basic race skills. Participants will be given the opportunity to compete in coastal and beach sprints at the Red Island Regatta on Prince Edward Island on 17-18 August 2024 (participants are responsible for the additional cost of regatta entry fees, travel, lodging and meals).

COST: \$627.50 (includes all applicable National and/or Provincial Sport Organization participant fee(s)).

SCHEDULE: Normally starts mid-June (end of school year) and runs until the end of September. Duration is 12 weeks x up to 3 times a week. Please go to the Fredericton Rowing Club website for current season's schedule.