

ORLANDO ROWING CLUB

PO BOX 547802 ORLANDO, FL 32854

LEARN TO ROW

LATE FALL 2009

NEW DATES!!

Learn to Scull

Oct 17th – Nov 20th

Monday, Wednesdays & Fridays

7:00am-8:30am

12 sessions - \$225

Novice Sculling*

Nov 30th – Dec 16th

Mondays, Wednesdays & Fridays

7:00am to 8:30am

4 weeks - \$150

Prerequisite: LTS or LTR II

Learn to Sweep Row I & II

Nov 11th – Dec 20th

Wednesdays & Fridays

6:00pm to 7:30pm

And Sundays 8am to 10am

5 weeks - \$225

(except Thanksgiving week)

Recreational to Competitive Rowing Programs are available after learning to row. See website for more details.



The **Introduction to Rowing (Learn to Row I)** program offers participants an orientation to sweep rowing equipment, demonstration of basic rowing stroke, boat handling and safety. No experience required. Must be able to swim. The goal of the introductory program is to introduce the basics of rowing.

The **Learn to Sweep Row (Learn to Row II)** program will further develop the rowing stroke and a solid foundation in preparation for the Novice sweep program.

The **Learn to Scull** program offers participants an orientation to sculling equipment, demonstration of the basic rowing stroke, boat handling and safety. Sessions are given in a 2x (double scull) first, after which the student will be introduced to a 1x (single) recreational/training scull.

A \$50 non-refundable deposit is required to reserve your space (which will be applied to the program cost). Bring a hat, sunglasses, sunscreen, spandex or tight-fitting shorts, socks and water.

Register online at www.orlandorowingclub.com