



## Haldimand Grand River Rowing Club

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### Learn-to-Row (LTR) List of Frequently Asked Questions

#### 1) When are the sessions?

There are 3 different LTR sessions that you may enroll in. Each session consists of approx. 8-10 hours of lessons.

LTR1: Tuesdays 7:00 to 8:30 pm June 5 to July 10, 2007.

LTR2: Thursdays 7:00 to 8:30 pm June 7 to July 12, 2007.

LTR3: Saturdays 8:00 to 9:30 am June 9 to July 14, 2007.

#### 2) How long does each session last?

Each session lasts approximately 2 hours. Plan to arrive at least 15 minutes prior to maximize on rowing and instruction time.

#### 3) What do I need to wear?

Dress appropriately for physical activity. The main criteria for clothing is that it does not restrict your movement, allows for dissipation of heat, and does not hang out so that it can be caught on the equipment.

**DO WEAR:** Shorts, T-shirts, and thick socks are recommended. Sun hats are a great idea. A water bottle is essential. Dress for cold weather and rain. Yes, we row in the rain as long as there is no lightning. In case of bad weather, participants should still meet at their regular scheduled time to discuss alternative.

#### 4) Is it physically demanding?

While the LTR program concentrates on rowing techniques, there is a need for a good fitness level. A participant must be able to assist a crew of 8 in lifting and launching a 250-lb. boat. Rowing provides an overall total body workout. Rowers should advise the coaches if they have any known medical conditions that might impact their level of rowing capability.

#### 5) What type of boats do we row?

The initial LTR program utilizes T11 touring quads (four person) boats or eight person shells.

#### 6) Do we use 2 oars or 1 oar?

The LTR program teaches **sweep** rowing technique using one oar per person.

#### 7) How much are the sessions?

\$125.00 per session for the 2007 Learn To Row Program which includes training by HGRRC volunteers and coaches, use of equipment, insurance and paid membership fees to RowOntario and Rowing Canada.

#### 8) What programs are available after Learn to Row?

The Haldimand Grand River Rowing Club will be offering a Recreational Program. Successful graduates of the LTR program are invited to join the Recreational program. This program is aimed at novice rowers or members who want to enjoy rowing, without the full commitment to the training schedule of the competitive programs. Focus is on the continued development of rowing techniques, fitness and fun. (Subject to availability on a first paid basis).