

Novice Rowing (NR) Class

The **Novice Sweep Rowing Class** will build upon the basics that you have already learned, focusing on individual and boat timing and technique. This is a month long class.

Lake Training

Class #	Date	Time
NR	May 24-June 30 (every M, W)	6-8pm

Adult Novice team practice:

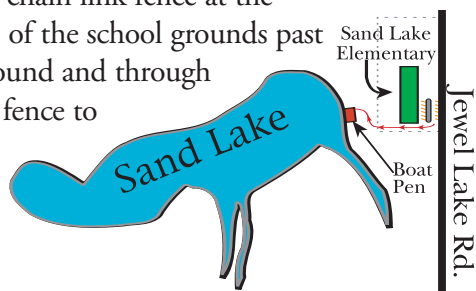
When you complete your LTR and NR classes you can continue to row the remainder of the summer starting in July, Mon & Wed 6-8 pm

Juniors 12-18yrs

Novice Juniors can join the early season open class with adults or join the **Experienced/Returning Juniors** team practice Mon/Wed 3-5pm starting the Monday after ASD's last day of classes.

How to find us

Parking is available at the south end of the Sand Lake Elementary School parking lot. Follow the chain link fence at the south edge of the school grounds past the playground and through the moose fence to the lake.



Questions

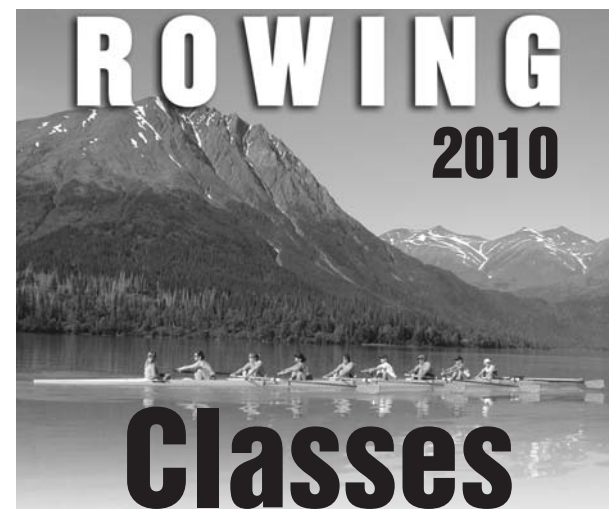
Please call 566-6277 with any questions or concerns. A downloadable version of this form is available on the "Start Rowing" section of our website www.anchoragerowing.com.

Answers

Need more information? Subscribe to our **Weekly Update** via email for all the latest in Anchorage Rowing News. Log on to www.anchoragerowing.com and click on "Contact Us".



Anchorage Rowing Association
P.O. Box 242161
Anchorage, Alaska 99524



Ready,
Set,
Row!



Anchorage Rowing
ASSOCIATION

566-OARS

www.anchoragerowing.com

ARA Class Registration Form:

Please go to anchoragerowing.com > start rowing for online registration

Class fees are refundable up to 15 days prior to start of class. 14-7 days 1/2 of the class fees will be refunded, and 6 or less days notice class fees are non-refundable.

PLEASE PRINT CLEARLY

First-Come-First-Served

Name:		
Address:		
City:	State:	Zip:
Day Phone:	Night Phone:	
Sex: <input type="checkbox"/> F <input type="checkbox"/> M	D.O.B.:	
Email:		

Learn To Row (LTR) Class \$75

- LTR 1 Saturdays
- LTR 2 Mon. & Wed.
- LTR 3 1 Weekend

(See schedule on right)

Learn to Scull (LTS) Class \$75

- LTS 1 June
- LTS 2 July
- LTS 3 August

(See schedule on right)

Novice Rowing (NR) Class \$149

- May 24 - June 30 6-8pm

Participants who complete LTR and NR classes within a 3 year period will receive a T-Shirt.

Please indicate size:

- S M L XL XXL

Total Fees Paid:

Payment Type:

- Check Visa Mastercard

Card Number:

Expiration Date:

Signature:

Send registration and payment to:
Anchorage Rowing Association
P.O. Box 242161
Anchorage, Alaska 99524

The Anchorage Rowing Association has classes for individuals, ages 12 and up, who want to learn how to row or just improve their existing skills.

Learn To Row (LTR) Class

The **Learn to Row** introductory class covers the basics of *Sweep Rowing* (using one 15 foot long oar). This course is required before taking the Novice Rowing class. The LTR class limited to 16 people.

Topics covered include:

- oar mechanics in the water
- safety on the water
- rowing's unique verbal commands
- proper launching techniques
- how to "set" a boat
- the rowing stroke



LTR is divided into two parts:

Pool/Safety - This is one 2-hour session where you will get safety training and receive hands on instruction under a coach's supervision indoors.

Lake Training - These are three 2-hour sessions on Sand Lake. You will apply what you've learned from the *Erg Training* to rowing in an 8 person rowing shell.

Pool Training (Mandatory)

Class #	Date	Time
Pool 1	May 1	11-1 pm
Pool 2	May 8	11-1 pm

Lake Training

Class #	Dates	Time
LTR 1	May 8, 15, 22	11-1 pm
LTR 2	May 10, 12, 17	6-8 pm
LTR 3	May 14, 15	1:30 - 4 pm

Learn To Scull

The **Learn To Scull** class covers the very basics of *sculling*. You will learn how to row in single and multi-person shells, execute proper launching technique and how to safely recover when you flip your boat. There will be three lake sessions per class.

Lake Training

Class #	Dates	Time
LTS 1	June 18, 19, 20	1st Practice: 5:30 - 7:30 pm, 2nd & 3rd Practice: 10 - Noon
LTS 2	July 23, 24, 25	1st Practice: 5:30 - 7:30 pm, 2nd & 3rd Practice: 10 - Noon
LTS 3	August 20, 21, 22	1st Practice: 5:30 - 7:30 pm, 2nd & 3rd Practice: 10 - Noon

No club membership is required; graduates will be eligible for membership at a reduced rate for the year.

Continued sculling classes will be offered during the summer based on the availability of coaching and interest level.

Scullers: *A Friday Night Safety Session will be required for all individuals who are rowing for the first time ever.*

