

Learn-to-Row Registration Form

Please indicate your first choice for course:

- May/June Mon/Wed Tue/Thur Sat/Sun
 June/July Mon/Wed Tue/Thur Sat/Sun
 July/Aug Mon/Wed Tue/Thur Sat/Sun

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-Mail: _____

*Your signature below confirms that you meet all prerequisites for participation.

Signature _____ Date _____

Check Shirt Size:

- Small Medium Large X-Large

Classes filled on a first-come basis.

Class Fees: \$250.00
FEES ARE NON-REFUNDABLE

Checks Payable to: GDRA Learn-to-Row

Mail Form & Payment to:
Jon Daugherty / Learn-to-Row
101 N. Diamond Mill Rd. Clayton, Ohio 45315

*You will receive enrollment confirmation via e-mail
or phone in approximately 2 weeks.
Enrollment will continue until classes fill.*

Cut and Return



Learn the fundamentals of the sport of rowing!

A four week class for adults age 18 and up will cover everything needed to row a single sculling boat confidently and independently.

Classes are held at Island MetroPark boat house and on the beautiful Great Miami River.

Successful graduates of L-T-R program are invited to become members of the Greater Dayton Rowing Association.

GDRA offers exciting year round activities!

Rowing, social gatherings, regattas in spring, summer and fall, and indoor conditioning during the winter.

For more information:
Visit www.daytonrowing.org
and
Greater Dayton Rowing Association
on

[facebook](#)

Learn-to-Row Director
Jon Daugherty
jdaugherty@soothetime.com
(937)260-2630

Adult Program Director
Lori Daugherty
diamondmill@earthlink.net

Greater Dayton Rowing Association Boat House is located at:
124 East Helena Street
across from Island MetroPark.



Get on the water Learn-to-Row!



Learn the fundamentals of the sport of rowing.



SCAN ME

Rowing is:

- Recreational and competitive.
- Smooth, rhythmic, and impact-free.
- Time efficient workout.
- Exercise for all major muscle groups.
- Anaerobic and aerobic conditioning.
- Teamwork building experience.
- Excellent way to view wildlife on the river.

Rowing is a lifelong sport for all ages!



©Photos by Lori Daugherty

Did you know that rowing burns more calories than cross-country skiing, vigorous swimming, or running?

Learn-to-Row Courses

Consist of eight(8) two(2)-hour lessons.

ATTENDANCE OF ALL CLASSES IS REQUIRED.

Classes are taught by experienced rowers who explain and demonstrate the fundamentals of rowing technique, equipment, boat handling, local traffic patterns, and safety rules.

Everything a person needs to know to row a single sculling boat confidently and independently.

Completion of all lessons and a competency test must be passed to earn a graduation certificate. A successful completion includes a membership in the GDRA for the remainder of the 2012 season. Thereafter, membership is renewed annually.

May / June Courses

May 14 thru June 6	Mon & Wed	6 to 8pm
May 15 thru June 7	Tues & Thurs	6 to 8pm
May 19 thru June 10	Sat & Sun	12 to 2pm

June / July Courses

June 18 thru July 11	Mon & Wed	6 to 8pm
June 19 thru July 12	Tues & Thurs	6 to 8pm
June 23 thru July 15	Sat & Sun	12 to 2pm

July / August Courses

July 23 thru Aug 15	Mon & Wed	6 to 8pm
July 24 thru Aug 16	Tues & Thurs	6 to 8pm
July 28 thru Aug 19	Sat & Sun	12 to 2pm

Make up classes will be scheduled in event of poor weather or river conditions

Participation Prerequisites*

In order to successfully learn to row, you must have good balance and overall physical mobility, as well as the ability to:

Swim

Lift 25 lbs. over your head

Do deep knee bends

***Signing the registration form confirms you meet all participation prerequisites.**



©Photos by Lori Daugherty

Participants should:

- * Dress comfortably (t-shirts & shorts)
- * Eyeglasses should be secured with a strap
- * Bring your own water bottle
- * Attendance is **CRUCIAL** for success!!

Benefits of Membership include:

Boat Reservation: GDRA members may reserve and use the club's sculling boats at no additional cost.

Training Races: Informal races to prepare for regattas and build skills.

Recreational Rows: Scheduled fun rows, led by experienced rowers.

Regattas: Compete against other rowers at regional and national regattas.

Adult Sweep: Inquire at club about joining the novice and masters sweep teams.

Erg Training: Members may use the club's ergometers for fitness and technique training year round.

Socials: Picnics, dock parties, holiday get-togethers and more...

FUN, FRIENDS AND HEALTH!