



ROWING
Greater Dayton Rowing
Association

Rowing is a lifelong sport for all ages!

Rowing is:

Both competitive and recreational sport

Smooth, rhythmic, and impact-free motion

Excellent way to enjoy the scenery and wildlife on the Great Miami River

Time efficient workout that exercises all of your major muscle groups

Anaerobic and aerobic conditioning

Teamwork and camaraderie building experience

©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 8 two-hour lessons. Classes are taught by experienced adult and student rowers who explain and demonstrate the fundamentals of rowing equipment, boat handling, rowing technique, local traffic patterns, and safety rules. Everything a person needs to learn to be able to row a single sculling boat up and down the river adjacent to Island Park confidently and independently. Completion of all lessons and a competency drill test must be passed to earn a graduation certificate.

A successful completion

of Learn-to-Row courses includes a membership in the GDRA for the remainder of the 2011 season. Thereafter, membership is renewed annually.

May / June Courses

May 16 thru June 8	Mon & Wed	6 to 8pm
May 17 thru June 9	Tues & Thurs	6 to 8pm
May 21 thru June 12	Sat & Sun	12 to 2pm

June / July Courses

June 20 thru July 13	Mon & Wed	6 to 8pm
June 21 thru July 14	Tues & Thurs	6 to 8pm
June 25 thru July 17	Sat & Sun	12 to 2pm

July / August Courses

July 25 thru Aug 17	Mon & Wed	6 to 8pm
July 26 thru Aug 18	Tues & Thurs	6 to 8pm
July 30 thru Aug 21	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)
- * Eye Glasses 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!

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: _____

Tel (Day) _____ (Eve) _____

E-Mail: _____

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

Signature _____ Date _____



Classes filled on a first-come basis.
FEES ARE NON-REFUNDABLE
Learn-to-Row \$250.00
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.*



Earn and proudly wear the L-T-R blade!

Check Size:

- Small
 Medium
 Large
 X-Large



www.daytonrowing.org

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 the Island park boat house and the 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 on the water, social gatherings and regattas in spring, summer and fall and indoor conditioning on ergometers during the winter.

For more information
 Visit www.daytonrowing.org
 Dayton Rowing on

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Adult Program Director
 Linda Clemens
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Adult Membership
 Tracy McNulty
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Head Coach Junior Program
 Alex Walters
 alex.walters@ymail.com
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Greater Dayton Rowing Association Boat House is located at:
 124 East Helena Street
 across from Island Park.

