

2010 INTRO Session Dates

- ◆ Intro A – May 17, 19, 24, 26 (M/W, 6 pm)
- ◆ Intro B – May 18, 20, 25, 27 (T/Th, 6 pm)
- ◆ Intro C – May 22, 23, 29, 30 (S/S, 10 am)
- ◆ Intro D – Jul 12, 14, 19, 21 (M/W, 6 pm)
- ◆ Intro E – Jul 13, 15, 20, 22 (T/Th, 6 pm)
- ◆ Intro F – Jul 17, 18, 24, 25 (S/S, 10 am)

2010 LTR Session Dates

- ◆ LTR 1 – T/Th, 6 pm
Jun 8, 10, 15, 17, 22, 24, 29, Jul 1
- ◆ LTR 2 – M/W, 6 pm
Aug 2, 4, 9, 11, 16, 18, 23, 25

Makeup classes will be scheduled for poor weather or river conditions.

REGISTRATION FOR INTRO ROW ONLY (Please Print Clearly)

Name _____

Address _____

City _____ State _____ Zip _____

Tel Day _____ Eve _____

E-mail _____

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

Signature _____ Date _____

Please circle one choice on each line:

T-Shirt Size	SM	M	L	XL	
1st class choice	A	B	C	D	E F
2nd class choice	A	B	C	D	E F
3rd class choice	A	B	C	D	E F

- Enrollment is on a first come—first served basis.
- **Fees are nonrefundable.**
- Dress comfortably (t-shirts & shorts).
- Glasses should be secured with a strap
- Bring your own water bottle
- Attendance is **CRUCIAL** for success!

Learn-To-Row 2010

The GDRA also offers a junior program for students 14-19 years old. Participation can be a wonderful opportunity for competition, fitness and travel.

For more information contact:

Learn-to-Row

Nancy Thornburgh
nancythornburgh@msn.com
(937) 238-0598

Adult Program Director

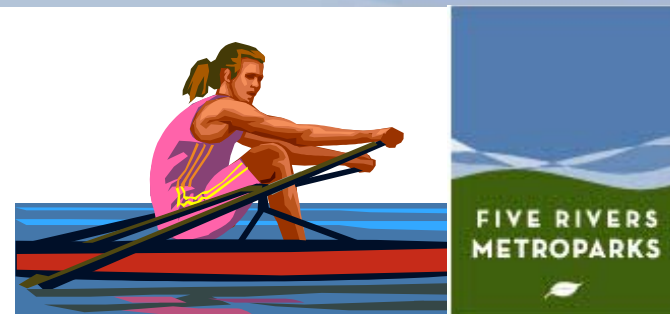
Linda Clemens
linda.clemens@erinet.com

Adult Membership

Tracy McNulty
tmcnulty@cinci.rr.com

Junior Program

Brent Figg
Brent.figg@gmail.com
(513) 675-6567



www.daytonrowing.org

About Rowing

- Rowing is a lifelong sport for all ages.
- Rowing is both a competitive and a recreational sport.
- Rowing is a smooth, rhythmic, and impact-free motion.
- Rowing is an excellent way to enjoy the scenery and wildlife on the Great Miami River.
- Rowing is a time-efficient workout that exercises all of your major muscle groups.
- Rowing provides anaerobic and aerobic conditioning, plus strength.
- Rowing builds teamwork and camaraderie.

Registration Instructions

Classes are filled on a first-come basis—***FEES ARE NON-REFUNDABLE***

Intro to Rowing \$100.00

Learn-to-Row \$200.00

Checks are payable to : GDRA

Fill out the registration form in this brochure. Be complete and legible to expedite processing.

MAIL FORM & PAYMENT TO:

Nancy Thornburgh
Learn-to-Row
10232 Park Edge Dr.
Centerville, OH 45458

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

Learn-to-Row Program Information

Intro classes are a pre-requisite for taking Learn-to-row. Intro classes consist of 4 two-hour lessons, are small, and 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.

Learn-to-Row classes may be taken after successful completion of an Intro course. LTR covers 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.

LTR consists of 8 two-hour lessons. All lessons and a competency drill must be passed to earn a graduation certificate.

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)

Check our website
www.daytonrowing.org
for FAQ's, schedules, and all necessary forms (in printable format).

After Learn-to-Row

Successful completion of both Intro and LTR courses include a membership in the GDRA for the remainder of the season. Thereafter, membership is renewed annually. Benefits of membership include the following:

- ♦ **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.
- ♦ **Recreational Rows:** Scheduled fun rows, led by experienced rowers.
- ♦ **Regattas:** Compete at regional and national regattas.
- ♦ **Adult Sweep:** Availability will vary, inquire at club.
- ♦ **Picnics, parties, and more...**

Sculling or Sweep?

Rowers use one or two oars to move their boat through the water. Each rower sits on a sliding seat facing away from the direction of boat movement using a combination of legs, arms, and back to power the oars.

Sculling



LTR teaches sculling. Sculling rowers use two oars: one in each hand. There are 1-4 rowers per boat. Sculling boats are typically steered by the rowers.

Sweep Rowing



Sweep rowers handle one oar. Sweep boats may be steered by a coxswain.