

Curlew Rowing Club

LEARN TO ROW COURSE



October-December 2017

Learn a skill, get fit and meet new friends



Is it for me?

Curlew's Learn to Row is suitable for anyone over the age of 18 who is looking for a new hobby or wants to improve their fitness. Once the course is complete you will be eligible to join our development squad and, with time and training, our senior racing squads.

The course is taught by experienced rowers who will be able to answer any questions you have about technique, fitness, life as a member of Curlew and pursuing rowing beyond the course.

What does the course entail?

Rowing is a whole body sport which will quickly build your strength and fitness. You'll learn how to row properly through a variety of sessions:

- In the tank: this is the closest thing to rowing on the water that you can do indoors! You'll learn the proper name for each part of the boat, how to get in and out safely, coxing calls and of course how to row properly.
- On the ergs: rowing machines are great for fitness and for perfecting the rowing stroke movement. We'll teach you proper rowing machine technique - you'll be correcting everyone else in the gym in no time!
- On the water: you will learn to scull in coxed lake boats on Royal Albert dock. When it comes to rowing on the water you'll have to think about your core strength and posture, as well as remembering the coxing calls and the rowing stroke that you've learned off the water.
- Circuit training: join the rest of the club every Monday evening for circuits. This is a full body workout that will quickly build strength and fitness.

See the course schedule on the next page for session locations and times.

About Curlew

Curlew is a friendly and fun rowing club and we aim to foster a sense of enjoyment throughout the course and beyond. With regular socials and great team spirit, Curlew is well placed to act as a catalyst to make new friends in a fun and friendly environment. Follow us on Facebook to keep up to date with our socials throughout the course and beyond.

We are a racing club...it doesn't matter what age you are; our aim is to get you racing as fast as possible. Whether your aim is a local regatta or the prestigious Henley Royal Regatta, we will be the vehicle to allow you to achieve your dream. For those of a certain mature-ment, we will be aiming to go a number of Veteran events. So rowing is a sport for everyone regardless of age...

How to sign up

The eight week course costs £200 and includes 22 sessions. We will provide all equipment and coaching resources and will be on hand to answer any questions you have.

To sign up please click the link at the end of this document to fill in the application form and then follow the payment instructions.

Contact Gemma at g_barker@live.co.uk with any questions you may have about the course.

Course schedule

Week	Date		Session	Location	Time
1	Sunday	22nd October	Lakeboats	Docks	11am to 1pm
1	Monday	23rd October	Circuits	George Green School	7 to 8pm
1	Thursday	26th October	Tank	Docks	7-7.45pm or 7.45-8.30pm
2	Sunday	29th October	Ergs	Greenwich	11am to 1pm
2	Monday	30th October	Circuits	George Green School	7 to 8pm
2	Thursday	2nd November	Tank	Docks	7-7.45pm or 7.45-8.30pm
3	Sunday	5th November	Ergs	Greenwich	11am to 1pm
3	Monday	6th November	Circuits	George Green School	7 to 8pm
3	Thursday	9th November	Tank	Docks	7-7.45pm or 7.45-8.30pm
4	Sunday	12th November	Lakeboats	Docks	11am to 1pm
4	Monday	13th November	Circuits	George Green School	7 to 8pm
4	Thursday	16th November	Tank	Docks	7-7.45pm or 7.45-8.30pm
5	Sunday	19th November	Lakeboats	Docks	11am to 1pm
5	Monday	20th November	Circuits	George Green School	7 to 8pm
5	Thursday	23rd November	Tank	Docks	7-7.45pm or 7.45-8.30pm
6	Sunday	26th November	Lakeboats	Docks	11am to 1pm
6	Monday	27th November	Circuits	George Green School	7 to 8pm
6	Thursday	30th November	Tank	Docks	7-7.45pm or 7.45-8.30pm
7	Sunday	3rd December	Lakeboats	Docks	11am to 1pm
7	Monday	4th December	Circuits	George Green School	7 to 8pm
7	Thursday	7th December	Tank	Docks	7-7.45pm or 7.45-8.30pm
8	Sunday	10th December	Water Session	Docks	11am to 1pm
9	Saturday	16th December	PLUM PUDDING	Docks	10.30am to 1pm

Session details:

Lakeboats: You will be rowing on Royal Albert dock. **11am-1pm on Sundays**

Address: Royal Docks Adventure, Royal Albert Dock, 1012 Dockside Road, London E16 2QT

Circuits: Alongside the development and senior squads we'll get the music pumping for an hour of bodyweight exercises. Optional warm up run from 6:30pm. Circuits from **7-8pm on Mondays**

Address: George Green's School, 100 Manchester Rd, Isle of Dogs, London E14 3DW

Tank: The tank is an indoor facility which mimics the conditions of open water. It will enable you to perfect technique and build confidence by practising rowing skills in a stable environment.

7-8.30pm on Thursdays

You will be split into two groups with each group having 45 minutes of coaching every Thursday. The smaller group size allows us to coach you more effectively.

Address: Royal Albert Dock, 1012 Dockside Road, London E16 2QT

Ergs: In weeks 2 and 3 we will teach you the basic rowing stroke movement on a rowing machine in our Greenwich gym. This will prepare you for rowing in lakeboats from week 4 onwards.

11am-1pm on the 2nd and 3rd Sunday of the course

Address: Trafalgar Rowing Centre, 11-13 Crane Street, Greenwich, SE10 9NP

Plum Pudding Races! As a post-Learn To Row and pre-Christmas celebration all our squads get dressed up in Christmassy gear and take part in some fun races. The Learn to Row graduates will race each other in lakeboats and the Curlew squads will race in eights. Mulled wine and mince pies will be served and there are prizes for best dressed.



Signing Up

1. Fill in our membership form at <https://goo.gl/QPT2DX>
2. Pay your deposit of £50 to reserve your place. Bank details:

Curlew Rowing Club

Sort code: 60-09-16

Account number: 25214748

3. The balance of £150 (£200 total) is due on 15th October 2017. Unfortunately we cannot hold your place on the course after this date if the final payment has not been made.