



Olympia Area Rowing



presents...

The Basic Sculling Class – 2009 Series

Interested in learning basic rowing techniques and skills? Would you like to experience rowing on the Puget Sound? Sign up for OAR Basic Sculling Classes! We'll provide you with the skills, knowledge, and practice you need to have a safe and fun experience rowing on the water!

Session 1: April 17, 18, 20, 22
Session 2: May 8, 9, 11, 13
Session 3: June 12, 13, 15, 17
Session 4: July 10, 11, 13, 15
Session 5: August 21, 22, 24, 26
Session 6: September 11, 12, 14, 16

Class Size

- Class numbers are limited to **6** participants per session to ensure positive, productive, and empowering experiences for all!
- Spots are reserved once we have received the registration fee on a first come, first serve basis.

Class Format

- | | |
|------------------|---|
| Day 1: | Evening Session - 6:30 p.m. – 9:45 p.m. (Friday) |
| Location: | The Valley Athletic Club, 4833 Tumwater Valley Rd., Tumwater |
| Content: | <ul style="list-style-type: none"> • Introduction to OAR • Introduction to rowing theory, nomenclature and equipment • Rowing safety including technique practice on rowing ergometer and boat flip test • Demonstrate ability to float/tread water for 10 minutes |
| | |
| Day 2: | Morning Session – 9:00 a.m. – 1:00 p.m. (Saturday) |
| Location: | Swantown Marina, OAR boathouse and dock |
| Content: | <ul style="list-style-type: none"> • Rowing technique practice on land • Rowing technique practice on the water (in single and/or double boats) • Continual practice with safety precautions • Introduction, modeling, and practicing of rowing technique drills and workouts for beginners • Final session will include an informal “test” to ensure you are prepared to begin rowing safely on your own! |
| | |
| Days 3-4: | Evening Sessions – beginning at 6:00 p.m. (Monday & Wednesday) |
| Location: | Swantown Marina, OAR boathouse and dock |
| Content: | Continuation from Day 2 |

Please Note...

- If you are a beginning rower interested in joining OAR, the Basic Sculling Class is a prerequisite to use OAR Club sculling boats.
- \$100 of tuition can be applied toward OAR Club membership; however, following class completion there is no obligation to join.

Please complete the following page and mail it along with your class fee

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To register, complete and return the following....

Olympia Area Rowing – Basic Sculling Class 2009
SIGN ME UP!!!

Name: _____ Address: _____

Phone: _____ Email: _____

Check Class Fee - \$150

One: Class Fee for **Full** OAR Members - \$50 (annual dues: \$320 individual, \$480 family)

Preferred Session Dates: (*indicate first and second choices*)

_____ **Session 1: April** _____ **Session 3: June** _____ **Session 5: August**

_____ **Session 2: May** _____ **Session 4: July** _____ **Session 6: September**

Send check payable to OAR and registration forms to the OAR Sculling Registrar:

Olympia Area Rowing
PO Box 7148
Olympia, WA 98507-7148

To check class openings, call Jim Bertolini at (360) 791-9437 or email: jbertoli@nwifc.org

Payment reserves class spot.

Thank you! We're looking forward to introducing you to the joy of rowing on Puget Sound!