



KENAI CREWSERS ROWING CLUB
P.O. Box 2863
Seward, AK 99664

Learn to Row



2008 Season

Kenai Crewsers Rowing Club

offers classes in Seward for adults and juniors
(age 14 and over)

May 31st and June 1st

Saturday and Sunday

1:00 – 5:30 pm both days

For information call 224-5931

KENAI CREWSERS ROWING CLUB

The **Kenai Crewsers Rowing Club** holds Learn to Row classes for individuals, age 14 and up, who are interested in learning the sport of rowing or want to improve existing skills.

The **Learn to Row** introductory class covers the basics of *Sweep Rowing*. Instruction will include dry land training, terminology, boat handling skills, safety information, erging techniques and rowing fundamentals. KCRC Rowing Coach Terri Orr will teach these classes. *All on the water sessions are weather permitting.*

Learn to Row classes will be offered at Bear Lake in Seward. Class is approximately 9 hours long over two days.

In **Seward** classes will be Saturday and Sunday, May 31st and June 1st, from 1:00 – 5:30 pm each day.

The **tuition** for the LTR class is \$90. Please fill out the application and return it with \$90 by May 23rd. **BONUS:** Novices who complete 100% of any of the above trainings will receive a certificate good for \$50 off KCRC annual membership dues. (Annual dues are \$100 per person or \$150 per family.) All KCRC members pay annual membership dues and user fees of \$50 per month or \$200 for the season.

Please wear layers of close-fitting clothing, a PFD (life jacket) and water sandals or other immersable footwear to each session.

For further information please contact Lori at 224-2389, or Nancy at 224-5931.

KENAI CREWSERS ROWING CLUB

Learn to Row Class Registration Form

Name:		
Address:		
City:	State:	Zip:
Day Phone:	Evening Phone	
Email:	Sex <input type="checkbox"/> F <input type="checkbox"/> M	Age:
<input type="checkbox"/> Junior (14-18 years) <input type="checkbox"/> Open (19-26 years) <input type="checkbox"/> Masters (27 years and over)		<input type="checkbox"/> Seward

Please send this application and \$90 (checks should be made out to Kenai Crewsers Rowing Club) by
May 23, 2008 to:

Kenai Crewsers Rowing Club
(or KCRC)
P.O. Box 2863
Seward, AK 99664