

2009 Learn to Row



Kenai Crewsers Rowing Club

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

May 30th and 31st
Saturday and Sunday
1:00 – 5:30 pm both days

For information call 362-3433

KENAI CREWSERS ROWING CLUB

www.kenaicrewsers.org



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



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 Scott Allison 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, Saturday and Sunday, May 30th and May 31st, from 1:00 – 5:30 pm each day.

The **tuition** for the LTR class is \$90. Please fill out the registration form 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 bring or wear layers of close-fitting clothing, a PFD (life jacket) and water sandals or other submergible footwear to each session.

For further information please contact Lori at 362-3433, or Nancy at 224-5931.

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Learn to Row 2009 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 or KCRC)

by May 23, 2009

to:

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