

2010 Learn to Row



Kenai Crewsers Rowing Club

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

May 29th and 30th

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 rowing. Instruction will include dry land training, terminology, boat handling skills, safety information, rowing machine 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 29th and May 30th, 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 22nd. **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 2010 Class Registration Form

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

Please send this application and \$90 (checks should be made out to Kenai Crewsers Rowing Club or KCRC)

by May 22, 2010

to:

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