

Learning to Row

Always wondered about those skinny boats with the long oars? The Learn to Row Program (LTR) will teach you the basics of rowing and proper care and handling of equipment. You'll be taught how to lift and carry boats into and out of the water, and you'll learn the basics of a good rowing stroke. Each participant takes his or her turn in the coxswain's seat, learning how to steer the boat, how to make the calls to keep the rowers in unison, and how to land the boat at the dock. By the end of your first session, you will be "feathering" your oar and "rowing by sixes" in an eight person boat. Come give it a try!



If you join...

ARC rows out of the City of Albany Boathouse in the Hudson River Corning Preserve, and shares both the boathouse and the docks with other recreational users of these facilities. ARC has its own fleet of eights, fours, quads, doubles and singles for use by its teams and members. If you join, you can expect to be welcomed onto the team, challenged by the sport, and encouraged to steadily improve your skills, whether for that competitive edge or for recreational enjoyment.

Contact Us

Morning Competitive:

mastersrowing@albanyrowingcenter.org

Evening Competitive/Intermediate/Novice rowing:

rec_rowing@albanyrowingcenter.org

Adult Learn to Row:

learn2row@albanyrowingcenter.org

General Information: info@albanyrowingcenter.org

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Our Oars Are Orange

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Albany Rowing Center

Joining an ARC Adult Rowing Program

Information for Adult Learn to Row Participants

ALBANY ROWING CENTER

ALBANY, NEW YORK



Albany Rowing Center—Adult Rowing Programs

Welcome to ARC

Congratulations! You've taken the first step toward enjoying the benefits of rowing and becoming a member of the Albany Rowing Center.

Rowing is the ultimate total body workout, working all the major muscle groups in the body, increasing cardiovascular capacity, improving posture and coordination, and strengthening the body's core muscles.

Rowing with our club affords the opportunity to be part of a team, develop and improve skills, take part in competitive rowing, and row for fun and exercise in a recreational setting.

ARC has three adult rowing programs that are available to adults of all ages and skills. Anyone who completes a Learn to Row sessions is ready to join the adult novice program to start rowing.

If you're interested in rowing with ARC, here's some information on joining an ARC adult rowing program.

Morning Competitive

The adult morning competitive program is for experienced rowers who want to row hard and compete. Rowers practice from 5:30 to 7:00 AM Monday through Friday and from 7:00 to 9:00 AM on Saturday. The on-the-water seasons (Spring, Summer, Fall) run from mid-March through early November. Regattas and scrimmages are generally scheduled on weekends and take place throughout the northeastern states. Participants are asked to commit to at least 4 days of practice per week during the competitive season.

Evening Rowing Programs

The evening rowing program has several options for continuing rowing:

Non-competitive option - for adults who want to enjoy the benefits of rowing, but who are either not interested in competing or not able to commit to a competitive schedule. This program meets three nights per week from 6:30 until 8:00 PM. Regular practices are on Monday, Wednesday and Thursday during spring and fall, and Mon, Wed Friday in summer.

Evening competitive option—for rowers who prefer to have more structured practices or want to compete on a local level but can't commit to the morning schedule can opt to row on two additional days and receive competitive training.

Adult Novice

The adult novice program is for new rowers who have completed the learn to row class and are interested in continuing to row. Rowers in this program meet at the same times as the evening rowing program. Practices are 3 days per week and are coached for technique and improving fitness. Participants will row with their novice cohort throughout the summer and fall to develop into a novice team with steadily improving rowing skills.

How to Join

After you complete your Learn to Row classes, if you are interested in continuing to row, talk to the Learn to Row Coach or contact us by email (see Contacts on back) or through the website. We'll provide complete information on who to talk to, what forms to fill out, program schedules, and how much it will cost. The adult novice program is the next step for LTR "graduates". You will continue to be coached on technique as you get in more miles of rowing with other novice adults. You could even race in the Head of the Hudson Regatta with other novices interested in testing their mettle!