

LONDON ROWING CLUB 2010 PROGRAM DESCRIPTIONS

LEARN TO ROW (“LTR”) PROGRAMS

Program/Membership Category	Description	Includes	Price*†
Learn to Row	Learn the fundamentals of rowing. Participants will be introduced to rowing terminology, technique, equipment, safety procedures, and proper care of the boat. Graduates of the Learn to Row program will receive a \$150 discount if they go on to register for a Recreational, Master’s, or Competitive Membership in 2010.	<ul style="list-style-type: none"> • A total of 6 lessons: one orientation session followed by 5 on-water lessons. • Registration with ORA and RCA. • BBQ/Social upon completion. • Lessons are Mon., Wed. and Fridays: Session 1 June 7 – 18 Session 2 June 21- July 2 Session 3 July 5 – 16 Session 4 July 19-30 	\$210

HIGH SCHOOL PROGRAMS

Program/Membership Category	Description	Includes	Price*†
High School Spring	Seasonal membership for high school students at participating schools. The on-water season is April and May. Rowers will receive a \$200 discount if they go on to upgrade to a Recreational or Competitive Membership in 2010.	<ul style="list-style-type: none"> • Coached training times and dates are set by high school coaches. • Registration with ORA and RCA. • No regatta fees. Trailering to approved regattas. • Access to and use of LRC facilities including tank-room equipment (ergs and weights) and change rooms during the high school spring on-water season (April-May). 	\$275
High School Coxswain	Seasonal membership for high school students who do not row but participate as a coxswain for one or more high school crews during the high school spring on-water season (April-May).	<ul style="list-style-type: none"> • Coached training times and dates are set by high school coaches. • Registration with ORA and RCA. • No regatta fees. Trailering to approved regattas. • Access to and use of LRC facilities including tank-room equipment (ergs and weights) and change rooms during the high school spring on-water season (April-May). 	\$75

High School Fall Learn to Row	Offered to high school students in September. Participants learn the basics of rowing to help prepare them for, or help them decide if they want to be part of, the next high school spring rowing season.	<ul style="list-style-type: none"> • A total of 6 lessons, held on Mondays, Wednesdays and Fridays. • Registration with ORA and RCA. • Access to and use of LRC facilities including tank-room equipment (ergs and weights) and change rooms during the program. 	\$135
High School Gym	Seasonal membership for high school students who use the LRC's indoor facilities and equipment for winter training. This fee will be discounted from an upgrade to a HS Spring, HS Coxswain or HS Fall LTR Membership in 2010.	<ul style="list-style-type: none"> • Access to and use of LRC facilities including tank-room equipment (ergs and weights) and change rooms during winter training. 	\$50

CLUB MEMBERSHIPS

Program/Membership Category	Description	Includes	Price*†
Competitive	Membership for committed athletes. Training and conditioning in preparation for competitions. Rowers will train for 2,000m races in the summer and 5,000m races in the fall. Travel to out of town regattas. Skill level determines boat assignments.	<ul style="list-style-type: none"> • Coached on-water training up to 6 days a week, primarily mornings. Scheduling and boat assignments will be determined by the LRC and the coaches. • Registration with ORA and RCA. • Includes fees for up to 2 races in 5 of the following regattas: 3 CORAs, RowOntario Championships, St. Catherine's Invitational, Head of the Thames** • Trailering to regattas. • Year-round access to and use of LRC facilities including tank-room equipment (ergs and weights) and change rooms. 	\$640
Master's	Membership for adults, 27 years of age or older, who want to pursue the competitive side of rowing. Training and conditioning in preparation for competitions.	<ul style="list-style-type: none"> • Coached practices on Tuesdays and, Thursdays during the on-water season (June-August). Scheduling and boats will be determined by the LRC and coaches. • Registration with ORA and RCA. • Includes fees for up to 2 races in 5 of the following regattas: 3 CORAs, RowOntario Championships, St. Catherine's 	\$585

		<p>Invitational, Head of the Thames.**</p> <ul style="list-style-type: none"> • Trailering to regattas. • Year-round access to and use of LRC facilities including tank-room equipment (ergs and weights) and change rooms. 	
Equipped Master's	Master's rowers who have their own equipment and choose to train without coaching.	<ul style="list-style-type: none"> • Includes fees for up to 2 races in the Head of the Thames and St. Catherine's World Rowing Masters** • No use of LRC equipment except indoor equipment, as described below. • Registration with ORA and RCA. • Winter boat storage in LRC facilities. • Year-round access to and use of LRC facilities including tank-room equipment (ergs and weights) and change rooms. 	\$275
Coxswain - Competitive	Annual memberships for individuals who do not row but participate as a Coxswain for one or more Competitive or Master's crews.	<ul style="list-style-type: none"> • Coached training according to the training schedule of their Competitive or Master's crew. • Registration with ORA and RCA. • Year-round access to and use of LRC facilities including tank-room equipment (ergs and weights) and change rooms. 	\$86
Junior Development	Offered to youth aged 11-14. Designed to encourage interest in future competitive rowing. We stress safety, fun, team work and some physical conditioning.	<ul style="list-style-type: none"> • Two coached practices weekly on Monday and Wednesday evenings during on-water season (June-August). • Registration with ORA and RCA. • Includes Tops & Bottoms regatta and the Head of the Thames regatta, if offered. 	\$370
Recreational	Membership for rowers who are not interested in rowing competitively. Emphasis on the social and physical fitness aspects of rowing while developing and improving rowing skills.	<ul style="list-style-type: none"> • Coached practices on Tuesdays and Thursdays during the on-water season (June-August). Scheduling and boats will be determined by the LRC and coaches. • Registration with ORA and RCA. • Year-round access to and use of LRC facilities including tank-room equipment (ergs and weights) and change rooms. 	\$485

Equipped Recreational	Recreational rowers who have their own equipment and choose to train without coaching.	<ul style="list-style-type: none"> • No regatta fees. No coaching. No use of LRC equipment except indoor equipment, as described below. • Registration with ORA and RCA. • Winter boat storage in LRC facilities. • Year-round access to and use of LRC facilities including tank-room equipment (ergs and weights) and change rooms. 	\$200
Coxswain - Recreational	Annual memberships for individuals who do not row but participate as a Coxswain for one or more Recreational crews.	<ul style="list-style-type: none"> • Some coaching and supervision according to the training schedule of their Recreational crew. • Registration with ORA and RCA. • Year-round access to and use of LRC facilities including tank-room equipment (ergs and weights) and change rooms. 	\$40
National	Memberships for rowers on the Canadian National rowing team.	<ul style="list-style-type: none"> • Registration with ORA and RCA. • Year-round access to and use of LRC facilities including tank-room equipment (ergs and weights) and change rooms. 	\$86
University/College Summer Competitive	A summer seasonal membership for University/College students.	<ul style="list-style-type: none"> • Coached morning practices up to 6 days a week during the on-water season (June-August). • Registration with ORA and RCA. • No regatta fees. 	\$400
Indoor Gym	Annual memberships for individuals who only want to use the LRC's indoor facilities and equipment.	<ul style="list-style-type: none"> • Year-round access to and use of LRC facilities including tank-room equipment (ergs and weights) and change rooms. 	\$100
Private Lesson	Private lessons with an LRC coach.	<ul style="list-style-type: none"> • One-on-one coaching. Frequency and duration to be coordinated and approved by LRC Programming Coordinator and Head Coach. • Registration with ORA and RCA. 	\$35/hr

OTHER OPTIONS

Program/Membership Category	Description	Price*†
Boat Rack Rental	Annual boat storage at the LRC facilities located at 199 Wonderland Road, London, ON.	\$150
Guest Pass – 1 st day	First day of single day use of the LRC’s on-water rowing equipment. Includes registration with ORA and RCA.	\$26
Guest Pass – additional day	Each subsequent single day use of the LRC’s on water rowing equipment.	\$10

FAMILY DISCOUNT

- The family discount may be applied to the following categories of membership: Learn to Row, High School Fall, Competitive, Master’s, Equipped Master’s, Junior Development, Recreational, Equipped Recreational and University/College Summer Competitive (the “Eligible Membership(s)”).
- Families who intend to register more than one family member in an Eligible Membership will receive a \$50 discount for the second and each subsequent family member who registers in an Eligible Membership. The \$50 discount is only applied once per year and is not applied again if those same family members go on to register for, or upgrade to, another Eligible Membership. For example, if a family has three individuals registered in Learn to Row and then all three upgrade their memberships to Recreational, the family will only receive the family discount on the second and third Learn to Row memberships and not on any of the Recreational memberships, for a total discount of \$100.

KEY

* Prices listed above include applicable Row Ontario (“ORA”) fees, Rowing Canada Aviron (“RCA”) fees and all applicable taxes (#119488534). The LRC is required to collect provincial and national association membership fees for all participants of rowing programs. These fees are forwarded on to ORA and RCA.

** Competitive regatta fees (which are required to compete in any ORA or RCA sanctioned regattas) cover entries into a maximum of two events per LRC-approved regatta. Individuals must pay for any additional event entries and all scratch fees.

† **All prices listed above are non-refundable.**