

## LONDON ROWING CLUB 2012 PROGRAM DESCRIPTIONS

### LEARN TO ROW (“LTR”) PROGRAMS

Program/Membership Category	Description	Includes	Prices*†
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 Membership in 2012.	<ul style="list-style-type: none"> <li>• A total of 6 lessons: one orientation session followed by 5 on-water lessons.</li> <li>• Registration with ORA and RCA.</li> <li>• Lessons are Mon., Wed. and Fri.</li> </ul>	\$200 + HST  Total \$226

### HIGH SCHOOL PROGRAMS

Program/Membership Category	Description	Includes	Price*†
High School indoor	Seasonal membership for high school students who use the LRC’s indoor facilities and equipment for winter training.	<ul style="list-style-type: none"> <li>• Access to and use of LRC facilities including tank-room equipment (ergs and weights) and change rooms during winter training.</li> </ul>	\$50 + HST  Total \$56.50
High School Outdoor	Seasonal membership for high school students at participating schools. The on-water season is April and May. Rowers will receive a \$275 discount if they go on to upgrade to a Recreational or Competitive Membership in 2012.	<ul style="list-style-type: none"> <li>• Coached training times and dates are set by high school coaches.</li> <li>• Registration with ORA and RCA.</li> <li>• Regatta fees are the responsibility of the athlete.</li> <li>• Trailering to approved regattas.</li> </ul>	\$275 + HST  Total \$310.75

## CLUB MEMBERSHIPS

Program/Membership Category	Description	Includes	Price*†
Competitive	<p>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 and potential entries into Regattas.</p> <p>If rowed High School \$275 discount</p> <p><b>*Experienced Rowers ONLY</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Registration with ORA and RCA.</li> <li>• Includes fees in the following regattas: 3 CORAs</li> <li>• Trailering to regattas.</li> <li>• Year-round access to and use of LRC facilities including tank-room equipment (ergs and weights) and change rooms.</li> </ul>	<p>\$675 + HST</p> <p>Total \$762.75</p>
Master's	<p>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.</p>	<ul style="list-style-type: none"> <li>• Coached practices on Tuesdays, Thursdays, and Sundays during the on-water season (June-August). Scheduling and boats will be determined by the LRC and coaches.</li> <li>• Registration with ORA and RCA.</li> <li>• Includes fees for the London and Guelph CORAs</li> <li>• Trailering to regattas.</li> <li>• Year-round access to and use of LRC facilities including tank-room equipment (ergs and weights) and change rooms.</li> </ul>	<p>\$600 + HST</p> <p>Total \$678</p>

University/Summer Competitive	Summer Membership for rowers who have competed in a University Program	<ul style="list-style-type: none"> <li>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.</li> <li>Registration with ORA and RCA.</li> <li>Includes fees in the 3 CORAs</li> </ul>	<p>\$400 + HST</p> <p>Total \$452</p>
Bantam	Offered to youth aged 12-14. Designed to encourage interest in future competitive rowing. We stress safety, fun, team work and some physical conditioning.	<ul style="list-style-type: none"> <li>Two coached practices weekly on Tuesday and Thursday evenings during on-water season (July-August).</li> <li>Registration with ORA and RCA.</li> <li>Includes Tony Fooks Regatta.</li> </ul>	<p>\$250 + HST</p> <p>Total \$282.50</p>
Recreational	<p>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.</p> <p>Learn to Row to Rec Discount \$150</p>	<ul style="list-style-type: none"> <li>June 1st - August 31st</li> <li>Receive coaching as well as on-water on Mon., Wed. and Fridays.</li> <li>Registration with ORA and RCA.</li> </ul>	<p>\$400 + HST</p> <p>Total \$452.00</p>
National Memberships	Memberships for rowers on the Canadian National rowing team.	<ul style="list-style-type: none"> <li>Registration with ORA and RCA.</li> <li>Year-round access to and use of LRC facilities including tank-room equipment (ergs and weights) and change rooms.</li> </ul>	\$86
Lifetime Memberships	Membership for those with lifetime memberships.	<ul style="list-style-type: none"> <li>Registration with ORA and RCA.</li> </ul>	\$15
Indoor Gym	Annual memberships for individuals who only want to use the LRC's indoor facilities and equipment.	<ul style="list-style-type: none"> <li>Year-round access to and use of LRC facilities including tank-room equipment (ergs and weights) and change rooms.</li> </ul>	<p>\$110 + HST</p> <p>Total \$124.30</p>

## OTHER OPTIONS

Program/Membership Category	Description	Price*†
Winter Storage	Winter Storage for Boats	\$50 + HST Total \$56.50
Boat Rack Rental	Annual boat storage at the LRC facilities located at 199 Wonderland Road, London, ON.	\$150 + HST Total \$169.50
Guest Pass – 1 <sup>st</sup> day	First day of single day use of the LRC’s on-water rowing equipment. Includes registration with ORA and RCA.	\$50 + HST Total \$56.50

## FAMILY DISCOUNT

- The family discount may be applied to the following categories of membership: Learn to Row, High School Spring, High School Fall, Competitive, Master’s, Bantam, 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 RowOntario (“ORA”) fees, Rowing Canada Aviron (“RCA”) fees plus 13% HST (#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.**

**FEES AND PROGRAMS ARE SUBJECT TO CHANGE**