



Welcome



Liverpool Victoria Rowing Club – Learn to row

Learn to ROW!

Rowing is a really versatile sport – it offers a full body, impact free workout. So whether you want to improve your cardio, get stronger, or perhaps unleash your competitive side, Liverpool Victoria Rowing Club is here to help. We pride ourselves on offering a friendly club atmosphere, allowing members of all abilities and ages to excel in the sport of Rowing.

Come Check us out! – enquiries welcome

www.lvrc.co.uk

- ✓ 6 lessons
- ✓ Qualified instruction
- ✓ No equipment needed
- ✓ £50 total fee

Find us on



Learn to row Co-ordinator	intro@lvrc.co.uk
Club Captain	captain@lvrc.co.uk
Mens Captain	menscaptain@lvrc.co.uk
Womens Captain	womenscaptain@lvrc.co.uk



The Learn to Row Programme

An Introduction to the sport of Rowing

The main objective is enjoy yourself! But by the end of the Course, you will have learned a few things;

- ☑ How to carry a boat safely
- ☑ How to get in and out of a boat
- ☑ Basics of rowing forward and turning
- ☑ How to reverse a boat
- ☑ What balance means in rowing – what affects it

The course consists of 6 sessions, all run by British Rowing level 2 qualified coaches. Sometimes the weather can affect the sessions – in the event of poor Weather (windy/rough water), we will take the course indoors – and cover the Basics using our Concept2 rowing machines

- ☑ Please bring a change of clothes
- ☑ Bring layers – it might be cold. Normal sports clothing is fine
- ☑ No denim or 'hoodies' please, these may be dangerous if a capsizes occurs (but don't worry – it's very unlikely)



What's Next?

Continuing your journey in Rowing with LVRC

You've completed the course, what now?

Good Question! Hopefully you're itching to take rowing with Liverpool Victoria further. A number of membership options are Available.

You will continue to learn the basics either within your beginner group, or within another group – your coach will advice. This stage is intended to be pressure free, allowing you to learn and gain confidence on the water and around the club. We'll make sure You meet other members too.

Please see the beginner lesson timetable on the next page, you can Attend these sessions to continue learning the sport.



Beginner Lesson Timetable

How we get you up to speed

Attending the following lessons will help you progress in rowing. It's not an easy sport to master, but don't worry if you can't always make it. We operate these lessons on a drop in basis

Sunday 10:30am – 12:00*	Water lesson
Wednesday 19:30 – 20:30*	Summer – Water lesson Winter – Gym lesson

*Sometimes this can overrun a little, but if you need to get away tell your coach – they can adjust the lesson to suit.

Please ask your coach about alternatives if you regularly can't make the beginner lessons (or if you want additional training!) We will always try to make something work.



Frequently Asked Questions

How much does the Learn to Row course cost? And club membership?

The learn to row course costs £50 and includes 6 lessons.

Club membership from April 2018 onwards is £340 per year.

I have a disability – can I row?

This depends on the nature of your disability. This is something you can discuss in confidence with the learn to row coordinator. If required, we will seek advice from our governing body (British Rowing - <https://www.britishrowing.org>)

Do I have to join the club after completing learn to row?

No, there is no obligation. We are looking to gain members but you are free to decide. There is also time to decide (no need to decide right at the end of the course).

Will I let people down if I don't attend every lesson?

No, it's great when you can attend, but real life happens – Since you're paying £50 for the learn to row course, we hope you will be able to attend – but the beginner lessons thereafter are drop in so no problem if you can't make them every week.

You're competitive right...? So do I have to be?

No – whilst it's true we have competitive members and we attend race events, it's not a requirement. In fact the club has many members who just enjoy the feeling of being in a boat without the need to be competitive.



A final Note

Costs and subsequent Club membership

The Learn to Row programme costs £50
 It would be great if you could bring this
 On your first lesson, but we won't turn
 You away if you don't. We will need it
 Before the end of the programme.

If you would like to join the club after completing the Learn to Row Programme, we have a few membership options available. They are All based around an annual subscription – but that cost can be spread Over the course of the year. The year runs from April to April – so if you Join part way through the year, the fee will be adjusted. There is a 5% discount if you pay it all at once (within 1 month of joining).

Type	Cost	Discounted
Full	£340	£323
Student	£170	£161.50
Junior/unwaged	£128	£122