



Learn to Row

Attention ... GO!

Step 1: Read through this brochure and take a peek at the HRC Website at hawthornrowingclub.com paying close attention to the “Learn to Row” and “Club Info” pages. Please email or call if you have any questions.

Step 2: Complete the “Learn to Row” Booking Form, indicating which session you would like to attend, and email through the completed form to learntorow@hawthornrowingclub.com

Step 3: After receiving confirmation from a coach on your session dates, be sure to submit payment.

Step 4: Arrive to the HRC boathouse for your first lesson with a positive and open attitude. If you have trouble finding the boathouse, please call one of the coaches. Be sure to bring along:

Clothing: snug/bike shorts or leggings, t-shirt, hat, socks, sneakers and cros/thongs that **can** get wet. During colder months, a thermal top or similar is recommended.

Sun protection: water bottle, sunblock, hat, and sunglasses.



Hawthorn Rowing Club's Learn to Row (LTR) program gives adults the opportunity to learn the basics of rowing. Whether you are new to the sport or haven't rowed in years, it's a great way to learn the art of rowing, get fit and have fun with friends, or join a group and make new friends. After successful completion of LTR, participants can continue with the development squad, or begin on the masters squad and if interested, compete in regattas with new teammates!

Location

Located on the banks of the Yarra River just south of the Bridge Road bridge in Hawthorn. The main vehicle access is via the Yarra Park Reserve off Creswick Street. The roadway into the park goes from Creswick St and under the Hawthorn Bridge into the rowing club area. The Clubhouse can also be reached via the extension of Isabella Grove across Coppin Grove.





Friendship, Fun & Fitness

2017 Learn to Row Sessions

2016 December Intensive: 8am-10am on 22, 23, 27, 28, 29, 30 December

2017 December Intensive: 8am-10am on 21, 22, 26, 27, 28, 29 December

Sundays, 9am-11am*

Session 1: 12, 26 February, 5, 12, 19, 26 March

Session 2: 28 May, 4, 11, 18, 20*, 25 June

Session 3: 23, 30 July, 6, 13, 20, 27 August

Session 4: 15, 22, 29 October, 5, 12, 19 November

* note - during Session 2, the lesson on 20 June will be held on a Tuesday from 5-7pm

After completing the LTR program, participants will have a 1 on 1 feedback and assessment meeting with the coach. Graduates can either continue on with private lessons or progress directly onto a Masters Crew.

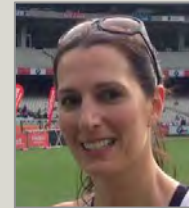
Important: On the water make-up lessons are not available for absences, and refunds will not be given for unused sessions.

Cost

HRC's adult 6 lesson LTR program is competitively priced at \$270

See the Booking Form for more information on refunds, when and how to submit payment.

Adult LTR Coach



Niki Calastas

Niki has rowed competitively in the US and Australia since 1996. She returned

in 2014 to Melbourne, and has found her home at HRC in the masters program. After 20 years of being in and out of boats, there is always something new to learn and challenge – it's why rowing is the perfect lifelong sport! She especially enjoys coaching and watching others find their own sense of joy, health and strength on the water.

Rowing Australia coaching license # 22188

Contact

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