



ROYAL ST GEORGE YACHT CLUB

# LEARN TO ROW

**CREW CLASS**

Those Who Know **ROW!**

The 'learn to row' programme is open to ALL RSGYC members (over the age of 14). There are 2 options:

## 1. Make your own crew!

Pull together a group and book a timeslot. Up to you whether you have a crew of 4, or if you think some people may not be able to make every session because of holidays etc, have a bigger panel. Then if:

- 6 are available for a session, 4 can go in the quad (for a coached rowing session) and 2 in the club singles (but they will not be coached).
- 5 are available, 4 go in the quad, 1 in a single.
- 4 are available, just take the quad.
- 3 are available, the quad can go with 3 rowers but this is not ideal.

Crews of 4 are welcome to book one of the slots below, or suggest a time not shown that suits your crew. If a coach is available this will be facilitated. **The big advantage of this option, is that if you are unable to fill the quad, you can re-arrange the session with the coach.**

The coaching fee for this option, to be paid directly to the coach in advance, is €320/team for 6 'learn to row' sessions. Payment must be made by one person to the coach.

## 2. Join the crew! - Put your name forward by booking a seat in one of the timeslots below. **Timeslots** will be for the same time every week for 6 weeks. The following are currently available:

- Wednesday. 4pm - 5.30pm (targeted at under 18's), 5.30pm - 7pm & 7pm - 8.30pm. Starting on Wednesday 28 May.
- Sunday 8am - 9.30am & 9.30am - 11am. Starting on Sunday 1 June.

Book your seat through the RSGYC Rowing WhatsApp group (Contact Harriet Walker (087 161 4188) or Fred Tottenham (086 151 7378) to be added). Coaches fee (to be paid directly to the coach in advance) for 6 'learn to row' sessions is €90/person. This secures your place in the boat when you are available, but if you know in advance that you will be unable to make a session, please either:

- Organise for a friend (who is a RSGYC member) to take your place, or
- Send a message on the RSGYC Rowing WhatsApp group. Your place can then be taken by any other rowing member.

Once you book, these sessions will be the same time every week, and you pay for your space in advance. **However if you miss a session, you may get a chance to fill in for someone else on another day.**

## Per rowing session fee to RSGYC

As with all club boats, the RSGYC charges members for boat rental. €12.50/seat/session or €100 for unlimited use in 2025. However **the club has waived this fee in June 2025**. The fee for use of the boat from 1 July will be booked through the RSGYC website.

The boat is a coastal rowing boat, and rowing should be possible in all weather conditions in June. On windier days, and with novice crews the rowing may be within the harbour. If the weather is exceptionally bad, the session will be held on the Crew Class rowing machines and will concentrate on technique. Each session will include approximately 45-60 minutes on the water. It takes approximately 20 minutes to launch the boat, and similar to recover. If there are back to back sessions, the first crew will launch and the second will recover.