



2009 Novice Class Schedule
Fort Collins Rowing Association

www.fcrowing.org

In summer 2009 FCRA will offer two sessions of Novice Sculling Classes. The 9-session (19 hour) Novice Class provides basic instruction on rowing technique, toward proficiency as a novice sculler. Two separate class sessions will be offered: one in June and the 2nd in late June through July. Prerequisites are an interest in rowing, and commitment to attend the 9 class meetings. Class size is limited to 9 students per session, so sign up early!

Session 1: June 6 – July 2.

Saturday, June 6 (Session 1 Kickoff) 7am-10am

- **Intro to boat safety and boat handling**

Tuesdays and Thursdays June 9 to July 2 5:30am to 7:30am

- **Basic Rowing Technique**

Session 2: June 27 – July 23

Saturday, June 27 (Session 2 Kickoff) 7am-10am

- **Intro to boat safety and boat handling**

Mondays and Wednesdays June 30 to July 23 5:30am to 7:30am

- **Basic Rowing Technique**

Class Fee: **\$200** for either session.

If you decide to join, \$50 of the class fee will be applied to your FCRA club membership (FCRA membership is \$250).

Class Session Dates: Session 1: June 6-July 2....Session 2: June 27-July 23					
NOVICE CLASS SESSION 1: June 6-July 2					
Saturday, June 6 Session 1 Kickoff (required) 7am-10am	Mon.	Tuesdays 5:30-7:30 AM: Coach: Molly G	Weds.	Thursdays 5:30-7:30 AM: Coach: Molly G	Fri
NOVICE CLASS SESSION 2: June 27 – July 23					
Saturday, June 27 Session 2 Kickoff (required) 7am-10am	Mondays 5:30-7:30 AM: Coach: Molly G	Tues	Wednesdays 5:30-7:30 AM: Coach: Molly G	Thurs	Fri