



## **School Holiday Rowing Program 13-24 January 2020**

Capital Lakes Rowing Club (CLRC) is a local community rowing club based at Grevillea Park in Barton. The Club's emphasis is on junior development and we are excited to offer a school holiday program in January 2020 for students aged 13-16.

Over a 2-week program, students will learn the basics of how to row along with building self-esteem and confidence through learning these skills. Students can be sure they will have a lot of fun while at the same time learning a technical sport.

This program is ideal for students who would like to learn a new sport, keep themselves busy and entertained throughout the break and meet new friends.

### **Dates**

The program will run for two weeks from 13 – 24 January (Monday - Friday of each week).

Two programs will run each day:

- Program 1 – 8.30am -10.30am
- Program 2 – 11.00am – 1.00pm

Depending on vacancies and how keen you are, students can enrol in both programs.

### **Cost**

The cost of each program is **\$250** per student.

This fee includes introduction to rowing in recreational Wavecutter single sculls. These fun boats are very stable and manoeuvrable, and ideal for those new to the sport.

### Some features of the program:

- Conducted Monday-Friday over a two-week period (13-24 January 2020)
- Program open to students aged 13-16.
- The program is aimed at those new to rowing or those with limited experience (this is not a program for experienced rowers currently in a rowing program)
- CLRC coaches are experienced – have ACT Working with Vulnerable People registration and have current Rowing Australia coaching accreditations.
- There will be limited places on the program. Students will be accepted on a first-come basis.
- If you are unable to attend a session, unfortunately no discounts or make-up sessions are offered.
- The CLRC sheds are located at Grevillea Park near the Boathouse Restaurant.
- Students to supply their own refreshments whilst on the program.

## **Registration and Payment**

If you would like to register for the program, please complete the attached registration form and return to [capitallakes@gmail.com](mailto:capitallakes@gmail.com).

Once we receive your registration, you will be issued an invoice for payment. Full payment is required to secure your place on the program and fees are to be paid prior to commencement of the program.

We understand that circumstances can change; if you register and pay for the program and you are no longer able to attend, the following refund policy applies:

- 7+ days' notice – full refund
- 4-6 days' notice – 50% of fees refundable\*;
- less than 4 days' notice – no refund will be issued\*

\*The above will not apply if we are able to find someone else to take your place on the program.

## **More information**

If you have any questions in the meantime, please feel free to contact myself or David Bagnall, the Program Coordinator, at [capitallakes@gmail.com](mailto:capitallakes@gmail.com).

Yours sincerely

*Catherine Bowyer*

President  
Capital Lakes Rowing Club