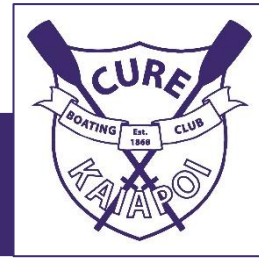


Cure Boating Club Inc.



MASTERS LEARN to ROW

A 7-week introduction to rowing for people new to the sport

When: Saturday 15 Feb – Sat 29 March 2025

Time: 9:30 am to 11:30 am

Where: Cure Boating Club, 136 Raven Quay, Kaiapoi

Cost: \$150 incl GST, payable to the club

Module content:

- Basic elements of the rowing stroke – catch, drive, finish and recovery
- General fitness for rowing
- Handling boats
- Off water - parts, names, how to take on/off racks, cleaning, boat checks
- On-water - manoeuvring – backing, touching, checking, turning, rowing as a crew
- River safety
- Basic technique training on rowing machines – Concept 2 ergometer

Most learning will be in sculling boats (2 sculls per person) in quads and doubles (1 learner with 1 experienced rower), however we aim to also row in a sweep oar boat – eight (1 oar per person).

[*Register here*](#)

Those who complete the module have the option to join regular 8:30 am Sunday Club Day rowing with the Masters squad from the beginning of May. This involves taking out a ½ year provisional membership (\$150 to the end of the rowing season in September). The continuation provides opportunity to consolidate learning and to learn how to race.

We'll be in touch with an invoice on receipt of invoice and to provide details such as appropriate clothing. A place is confirmed once a registration is received, and payment has been made.

Please direct any questions to Catherine at info@curerowing.co.nz, or by calling on 027 277 6898.