



Vernon Rowing & Paddling Centre

Swan Lake, Vernon, BC, Canada
tel. 1-866-658-6333 fax. 1-866-658-6340
email. info@gorowandpaddle.org
www.vernonrowingandpaddling.com

ADULT ROWING PROGRAM GUIDE 2010

For more information or to register, please contact us.

REGISTRATION POLICIES

Fees: Registration fees cover liability insurance, administration, use of the facility and equipment. Prices do not include tax, uniforms, festival or regatta entry fees or coaching unless specifically noted. Program Fees are non-transferable and cannot be shared by more than one person.

Payment: All fees must be paid in full prior to program start date, unless specifically noted. Registrants who have not paid will not be permitted to participate. Payments can be made by Visa or MasterCard over the phone.

Late Enrollment: With the exception of our Introductory Programs, enrollment is continuous for GRPC Coached Dragon Boat Programs - Fees can be pro-rated 2 weeks after the program start date.

Refunds: To qualify for a refund, participants must give notice within 48 hours after the second session – This is the refund deadline: No refunds will be given after this date. Refunds are calculated based on the number of sessions attended and a 10% administration fee (up to a \$500 maximum). Refunds will be processed as an account credit or returned in the same manner in which they were received. In the event of illness, deployment/relocation, pro-rated refunds may be granted - Valid documentation will be required.

Program Cancellation: We reserve the right to cancel programs if enrollment quotas are not met. In this situation all registrants will be notified. Coached programs will not run on statutory holidays.

Missed Sessions: It is the responsibility of the participant to attend scheduled sessions. Missed sessions will not be made up. In the unforeseen circumstance that a session is canceled due to weather, a make-up session may be rescheduled.

*VRPC reserves the right to change program schedules and pricing without notice.

Conduct: By registering for a program, the participant agrees to policies and procedures of the Vernon Rowing and Paddling Centre (VRPC). Policies and Procedures are available online at www.vernonrowingandpaddling.com or by contacting us.

Mission Statement: The Vernon Rowing & Paddling Centre (VRPC) exists to provide the community with an opportunity for a positive experience in rowing and paddling sports. At the VRPC we aim to facilitate excellence, not only in those who participate in these sports, but also in our staff and program delivery.

VRPC is a GO Centre. GO Rowing & Paddling Association of Canada (GO) is a non-profit Amateur Athletic Association, and Registered Charity, dedicated to sharing the benefits of rowing and paddling sports with Canadians of all ages & athletic abilities. For more information on GO, please visit www.gorowandpaddle.org or call 1-866-658-6333.



ADULT ROWING

Come and discover why rowing in Vernon is enjoying such popularity! The perfect water conditions, natural beauty of our location, health and fitness benefits and strong camaraderie make participating in this sport so worthwhile. We host an open house on the first Saturday of the month, May-August, from 9-11am, come along and have a look, we know you will love it as much as we do.

Our range of programs includes Adult, Junior, Adaptive, Learn to Row, Youth at Risk and a Corporate Team Rowing Challenge.

- We aim to facilitate excellence in each and every program delivered.
- Coaching is ongoing throughout the season by experienced and qualified staff.
- The Interior Rowing Series provides us with a full calendar of monthly events and regattas. Hosted by 5 individual interior clubs, including Vernon, this series has added new opportunities for exploring rowing beyond our local environment.

Adult Rowing Program 2010

Coached rowing sessions are offered Monday to Saturday. These sessions embrace the commitment at VRPC to make our rowing community inclusive. All ages and levels of ability are catered for, and most welcome. For those who can't get enough we have introduced 'Social Sunday' rows, for which the sole focus is the pleasure of being on the water with fellow enthusiasts.

Whether you join a competitive crew training for regattas, or are seeking a safe non-impact workout for improved fitness and health, we look forward to helping you achieve your goals.

Video will be used regularly as a coaching tool, and individualized training plans will be suggested.

Saturday Competitive Crew coaching will give crews a focus on performance improvements and race strategies for regattas.

Full Season	\$310+tax / person
Drop-In – 10 session punch card	\$100+tax / person
Monthly	\$85+tax / person

Adult Learn to Row 2010

Our Learn to Row Program is the perfect introduction to the wonderful sport of rowing. Novices will gain a thorough understanding of the rowing stroke, safety on the water and boat handling skills. Sculling in both double and quadruple boats gives a greater depth to the knowledge gained during the course.

Our qualified instructors work with a maximum of 4 participants. Emphasis is strongly placed on developing sound technique over the course of 5x1½ hour lessons. Learn to Row courses are run throughout the season before or after work. If scheduled times are not convenient then specialized times can be arranged for groups of 4.

Once finished the Learn to Row program, participants will be well equipped to join our Adult Rowing Program. Come and learn to row in Vernon, you will love it!

Five 1.5 hour sessions	\$160+tax / person
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