



## Vernon Rowing & Paddling Centre

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### YOUTH ROWING PROGRAM GUIDE 2010

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**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](http://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](http://www.gorowandpaddle.org) or call 1-866-658-6333.



# YOUTH ROWING 2010

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.

## Youth Rowing Program 2010

Our Junior Rowing Program welcomes 13-18 year olds looking to discover more about this exciting sport. Whether you are purely looking for a fun form of fitness, or keen to explore your competitive potential we have programs to suit.

Emphasis is firmly placed on enjoying the experience of being on the water. Our commitment to teaching sound technique will quickly have you flying on the water, as well as enjoying the rewards of teamwork in a variety of shell sizes.

Youth rowing programs operate throughout the interior of BC, Vernon has opportunities to join with Kamloops, Kelowna, Salmon Arm and the South Cariboo athletes to train and compete. A team of 5 athletes from the Okanagan will participate in this years BC Summer Games, creating excellent training opportunities within the interior clubs. The Shumway Sprints hosted by Kamloops Rowing Club in September will also provide a perfect introduction to competition.

Coached Rowing sessions are available 6 days a week.

All equipment is provided; we have fully qualified rowing coaches and water conditions that are the envy of other clubs!

Full Season (includes Learn to Row)	\$190+tax / person
Monthly	\$70+tax / person
Drop-In – 10 session punch card	\$70+tax / person

## Dynamic Opportunities for Youth

*Investing in the lives of young people will only make our communities stronger!*

Dynamic Opportunities for Youth is a free national rowing program designed to share the benefits of sport with youth at risk in communities across Canada, promoting self-esteem and teaching lessons of teamwork, trust, personal challenge, discipline, and fair play in a positive and challenging alternative learning environment. For more information, visit [www.dynamicopportunities.ca](http://www.dynamicopportunities.ca) or contact us for details.

Come and discover rowing here in Vernon. Please contact us for program information and schedules at VRPC!