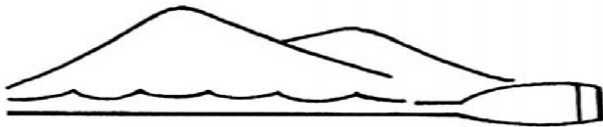


RYRC

Redding YMCA Rowing Club



1155 N. Court Street
Redding, CA 96001
(530) 246-9622
rowredding@sfyymca.org



LEARN-TO-ROW COURSES

Participants interested in rowing need to be in good physical shape and have basic swimming skills. Minimum class participant age is 14 years. Classes run April - September.

Learn-to-Row:

This course is designed for those with no prior rowing experience. Clinics begin with land-based instruction followed by instruction on the water. The land class will present water safety, basic rowing terminology and use of the ergs to introduce the rowing stroke. On the water, rowers are fully engaged in learning the technique and execution of the rowing stroke, as well as learning rowing commands, boat handling, and working as a "crew."

Classes: Sat 8:30a-12:30p, M, W 5:45p-7:45p
Cost: \$40 Y members; \$60 non Y members

Beyond Learn-to-Row:

This course is designed to further develop basic rowing skills and techniques. This course gives rowers more time on the water under the guidance of a coach. It is expected that rowers who graduate from LTR will take the BLTR course. This course is also appropriate for any rower who would benefit from extra focus on the development of good rowing technique.

Classes: T, Th 5:45p-7:45p, Sat 8:30a-10:30a
Cost: \$30 Y members; \$50 non Y members

Sculling:

Private sculling lessons are available to adults with or without rowing experience. Each student receives two private lessons with an experienced instructor. The lesson times are arranged between the student and the instructor. Participants learn basic boat handling and proper rowing technique.

Cost: \$40 Y members; \$60 non Y members



JUNIOR PROGRAM

The Junior Rowing Program is open to all area students, ages 14-18. No prior experience is expected. Juniors train year-round competing in regattas in the fall and spring. Junior Learn-to-Row classes are held April - September. Non-rowers can also participate thru coxswain and team support positions.

CLUB MEMBERSHIP

Club membership is open to anyone with rowing experience or who has successfully completed the novice rowing course. The club is both recreational and competitive with men, women, college and junior teams.

Annual membership fees are \$100 YMCA members, \$200 non-YMCA members, and \$50 full-time students. Special summer memberships are also available. Membership fees are waived for non-rowing coxswains and coaches. Members support and sustain the club through fundraising and by volunteering in areas that best suit their talents.

Monthly membership meetings are held the 3rd Tuesday of each month at Round Table Pizza on Eureka Way at 6:00pm.

WHERE WE ARE LOCATED

The club boatyard is located on Whiskeytown Lake at the Whiskey Creek Group Picnic Area. Only club members will have access to the boatyard area.



Class registration, club information and membership registration can be obtained at the Shasta Family YMCA, 1155 N Court Street, Redding.

COXSWAIN/COACHES

Coxing provides a wonderful opportunity to be part of the rowing world. The basic role of the coxswain is the safety of the crew, steering the boat, and giving commands to the rowers. The coxswain is an invaluable part of the team. No experience is necessary; all that is required is a team attitude and a willingness to learn.



CLUB HISTORY

The inspiration for the Redding rowing club was found early one summer morning after an unseasonable rain storm. As a local sculler was rowing on Lake Redding through a two-foot layer of fog, he thought it was the coolest thing he had ever experienced - sculling through the fog while seeing over the top of it. Inspired by the row, and hoping others could have such experiences, he took the first step towards establishing a rowing club.

Soon several experienced rowers gathered together and the Redding YMCA Rowing Club was formed. What started as a tiny team of three has grown into an established rowing club thanks to the time, dedication and donations of many.

Today the club boasts both competitive and recreational rowing with masters, mixed, college and junior teams.

