

## Private Lesson Information for the Kennebecasis Rowing Club

The **Kennebecasis Rowing Club** is pleased to offer private rowing lessons to individuals and groups of individuals looking to have an introduction to the sport of rowing in a one-on-one setting. This program was a pilot program in 2010 and because of its success the KRC will be offering private instruction sessions from June 4 until August 24, 2012. Private lessons are offered to help fill the gaps between the larger programs offered at KRC. If you cannot find a Competitive or Development program that fits your schedule, budget, or comfort level, private lessons may help to accommodate your needs as well as give you the exciting, hands-on introduction you are looking for!

### *Lessons*

- Lessons will last for a minimum of 1 hour and a maximum of 2 hours
- Appointment by phone or email must be made prior to the lesson
- Lessons may continue for as long as the participant(s) and instructor(s) wish
- For those interested in joining an Adult Rec or Youth Rec program but have no previous experience, private lessons may be used to meet the requirements

### *Class Sizes*

- The class or lesson may have as few as one or as many as eight participants
- Depending on skill level and (if experienced enough,) preference, participant(s) may choose what size boat they use.

Figure 1: Chart indicating Participant, Instructor Ratio and Details

Participants	Coach(es)	Boat	Details
1*	1	Single Scull	Coach will watch and instruct from Coach Boat
1	1	Double Scull	Coach bows
2*	1	Double Scull	Coach will watch and instruct from Coach Boat
4+	2	Coxed 4+	Coach 1 will cox, Coach 2 follows in Coach Boat
4x*	1	Quad 4x	Coach will watch and instruct from Coach Boat
8+	2	8+	Coach 1 will cox, Coach 2 follows in Coach Boat

Note: \* indicates that this boat may only be used if the participant(s) are experienced and comfortable enough to use them. It is up to the instructor's discretion, whether or not to allow the participant(s) to use their preferred equipment.

### *Equipment*

- Private lessons may use Tier 2 or 3 equipment only (Learn to Row or High School level)
- The *specific* equipment to be used by the participant(s) is left to the coach to decide
- The particular boat size will depend on the size of the group

## Prices

Figure 2: Chart indicating prices

Participants	Boat	Price/Hour
1	Single Scull	\$35
1	Double Scull	\$35
2	Double Scull	\$35
4	Coxed 4+	\$30
4	Quad 4x	\$30
8	8+	\$20

- In addition to the hourly rate, there is a one time \$9 insurance fee
- The cost of private instruction could be carried over to a program (up to \$100)

## Legal, Insurance and Safety

- Participants must fill out a registration form and pay the insurance fee before the first session. Payment for each lesson may be made upon arrival for each lesson
- Participants must be briefed on safety and emergency procedures before the first lesson
- Participants are encouraged to review the RCA Safety Guidelines found at:  
[http://www.rowingcanada.org/safety/safety\\_guideline/](http://www.rowingcanada.org/safety/safety_guideline/)
- All participants should review the Rowing Canada Insurance Policy prior to registration
- This information can be found at  
[www.rowingcanada.org/member\\_services/insurance/](http://www.rowingcanada.org/member_services/insurance/)

## Reasons to Take Private Lessons:

- It allows you to try out the sport before committing to a program
- You may be intimidated by the necessary commitment to a program
- Your busy schedule may prevent you from rowing at all, where private instructions may cater to your individual schedule.
- The one-on-one coaching might allow you to excel in the sport and perhaps encourage you to join a Masters or Competitive program.
- Competitive athletes who would like a boost in training or extra coaching can use private instruction to help them get into smaller boats in less time
- Youth Learn to Row participants may want to try smaller boats but under direct supervision of a coach.

Please contact the **Kennebecasis Rowing Club** if you have any further questions or if you would like to register and arrange a time for instruction!

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