



Located at the end of Maple Ave in Red Bank, NJ

## ADULT Programs & Memberships

(For men and women over 18)

Website: <http://www.navesinkriverrowing.org>

PO Box 6153, Fair Haven, NJ 07704 - 732.758.6266 - Operations Manager: 732.863.1321 email: [nrrnews@gmail.com](mailto:nrrnews@gmail.com)

Navesink River Rowing is a non-profit organization dedicated to educating the public about the sport of rowing. We maintain a fleet of boats for members to use from early May through late October and offer lessons, coaching and youth programs in June, July and early August.

- LEARN TO ROW**      **Adult Beginner Lessons (\$250):** In four 2-hour lessons, adults with no sculling experience learn the basics of rowing single, sliding-seat shells. Weekday (June only), weeknight & weekend classes available.
- THEN WHAT?**      **Beginner Continuation Membership (\$200):** For adults who complete **2011** adult beginner lessons. Following a mandatory orientation session, row NRR boats (appropriate to your skill level), use NRR facilities and participate in NRR activities for the rest of the season, which runs through 11/1/2011.
- Additional Family Members** signing up for beginner continuation: half price

### MEMBERSHIP OPTIONS FOR ADULTS WITH SCULLING EXPERIENCE (all levels)

**Boat Use Membership:** Row NRR-owned shells (appropriate to your skill level), use NRR facilities and participate in NRR activities for the entire 2010 season, May 1 – November 1. **\$325\***

**College Student Boat Use Membership:** For college students who want to row NRR-owned shells (appropriate to their skill level), use NRR facilities and participate in NRR activities while they are home for the summer. **\$200\***

**Private Boat Owner Membership:** Store privately owned shells on NRR racks and use NRR facilities, May 1 through November 1. **\$175\***

**Private Boat Owner--plus occasional boat use:** Storage of privately owned shells plus occasional use of NRR-owned boats and equipment. **\$250\***

**Family Discount:** Pay half price if a member of your family has paid full price for a membership of equal or greater value.  
\* **Early sign-up discounts**—for these memberships only. \$25 off if you sign up by May 1, 2011. One discount per family.

**Supporting Membership (\$35):** Receive NRR updates and participate in NRR social activities

- NEW MEMBER ORIENTATION**      Before taking out NRR boats, new members must go through a brief orientation and assessment of their sculling ability. Scheduled Sessions in late May and June. Arranged individually after that.
- COACHING**      **Refresher sessions** for new and returning members who feel a little rusty or who want to re-orient themselves before getting back on the water. 1 session free with membership
- Additional private or semi-private lessons** can be scheduled directly with our coaches. Fee schedule available online.

### MASTERS' ROWING CAMPS – For Men and Women

Two Levels - Two multi-week camps with **3 coached sessions a week** for each level

**Instructional:** Two 5-week camps - take 1 (\$200) or both (\$300) / **Competitive:** Two 6-week camps - take 1 (\$240) or both (\$340)

For dates, details and Masters Camp applications contact Linda: [Linda.ensor@gmail.com](mailto:Linda.ensor@gmail.com) - 732-693-3067  
Or visit the "Masters Camps" page at [www.navesinkriverrowing.org](http://www.navesinkriverrowing.org) ("more programs" section)

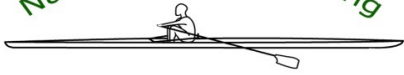
### Membership Requirements

To be an NRR member, adults must

1. Submit a completed **application** and signed **waiver** and pay applicable **fees** in full,
2. Adhere to all NRR policies and procedures, and
3. Fulfill a **service requirement** - 10 hours helping to keep NRR running smoothly and our rowers safe. A \$50 service charge is due with membership fees and refunded when service hours are completed. Learn-to-row students & supporting members exempt.

**See Reverse for Youth Program Information**

## Navesink River Rowing



Located at the end of Maple Ave in Red Bank, NJ

## YOUTH PROGRAMS

(For boys and girls 14 – 18 years old)

Website: <http://www.navesinkriverrowing.org>

PO Box 6153, Fair Haven, NJ 07704 - 732.758.6266 - Operations Manager: 732.863.1321 email: [nrrnews@gmail.com](mailto:nrrnews@gmail.com)

Navesink River Rowing is a non-profit organization dedicated to educating the public about the sport of rowing. We maintain a fleet of boats for members to use from early May through late October and offer lessons, coaching and youth programs in June, July and early August.

*Youth pay program fees only. They do not need to sign up for memberships.*

### Novice Youth Program (\$300)

- Two-week (5 days/week) beginner course for boys and girls ages 14-18 who have not rowed before.
- Novice rowers are introduced to sculling in quads and doubles. They learn the basics of handling and safely operating rowing equipment both on and off the water; also the fundamentals of body positioning and control; basic blade work to lay the foundation for a solid sculling stroke.
- We offer this program 4 times each summer. **Meets 10:45 a.m. to 12:30 p.m.**

### Intermediate Youth Program (1 session: \$250; 2 sessions: \$400; 3 sessions: \$550 4 sessions: \$600)

- Two-week (4 days/week) program for boys and girls ages 14-18 who previously completed a NRR Novice program or another "learn to row" program with a minimum of 8 sessions on the water and some sculling included.
- Building on the sculling fundamentals of blade work and body positioning, intermediate youth start to develop "boat feel" and to work together to replicate a solid stroke at low ratings, adding pressure and power to make boats accelerate.
- We have scheduled four 2-week sessions. **Youth can sign up for one, two, three, or all four sessions.**  
**Meets 8:45 to 10:30 a.m.**

### Advanced Youth Program (\$500)

- Seven-week (3 days/ week) rowing program for boys and girls, 14 to 19, who have mastered skills taught in NRR's Intermediate Youth Program and rowed in an NRR competitive crew program OR who have rowed competitively at the high school level.
- This program emphasizes team building, advanced drilling and competing for racing opportunities.
- Qualified participants—based on ability and experience--may travel to and race in one or more area regattas. Regatta fees and other expenses are not included in the Advanced Youth Program fee.
- **Boys meet Monday/Wednesday/Friday; Girls meet Tuesday/Thursday/Friday from 6:45 to 8:30 a.m.**

### NEW! Youth Racing Program (\$625 includes fees for 2 regattas)

- Four-week (6 early mornings a week) competitive rowing program for experienced youth rowers - boys and girls age 14-18 - who are serious about racing.
- 10 youth will be selected based on 2K erg test scores and performance during a tryout on the water.
- **Program begins June 20, 2011 and meets Monday through Saturday 5:45 am – 7 am**
- For additional details and a special Racing Camp application follow the link on the NRR Summer Youth Programs web page or contact our operations manager – [nrrnews@gmail.com](mailto:nrrnews@gmail.com) or 732-863-1321.

### Youth Program Minimum Requirements

To participate in NRR programs, youth must

- 1) Be at least 14 years of age when the program begins and in or entering High School
- 2) Fill out and submit an **application** and signed **waiver**
- 3) Pay applicable fees in full
- 4) Adhere to all NRR policies and procedures.

**See reverse for Adult Programs and Adult Membership Information**