

## Navesink River Rowing



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

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

Navesink River Rowing is a non-profit organization providing public access to rowing opportunities and sculling instruction on the Navesink River. We offer lessons, coaching and youth programs in June, July and early August and maintain boats for members to use from May through October.

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

## 2014 Adult Programs & Memberships

(For men and women over 18)

### New to Rowing?

#### LEARN TO SCULL ►

**Adult Beginner Lessons (\$250):** Four 2-hour lessons in single, sliding seat shells for adults with no sculling experience. Weeknight & weekend classes all season; weekdays in June.

#### THEN WHAT? ►

**Beginner Continuation Membership (\$200):** Available to adults who complete adult beginner lessons in 2014. 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 11/1/2014. **Orientation session** required. (see below)

### 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 2014 season, May 1 - November 1. **\$325\***

**Private Boat Owner Membership:** For active rowers to store their privately owned shells on NRR racks and use NRR facilities, May 1 -Nov 1. Rack space is limited and intended for boats that are used regularly. Reserve early. **\$200\***

**College Student Boat Use Membership:** Row NRR-owned shells (appropriate to your skill level), use NRR facilities and participate in NRR activities while home from college. **\$200\***

**Private Boat Owner-PLUS occasional boat use:** Storage plus access to NRR-owned boats and equipment. May 1 -Nov 1. Rack space is limited and intended for boats that are used regularly. Reserve early. **\$275\***

*\* Early Sign-Up Discounts - \$25 off prices with (\*) when you sign up by May 1, 2014. One discount per family.*

**FAMILY DISCOUNT:** Pay half price for your membership if a member of your family has paid full price for one of equal or greater value. Does not apply to supporting memberships, beginner lessons or youth programs.

#### SUPPORTING MEMBERSHIP ►

Receive NRR updates and participate in NRR social activities. **\$35**

#### NEW MEMBER ORIENTATION ►

Before using NRR boats, new members with sculling experience go through a brief orientation and assessment of their sculling ability. Free. By appointment. *Check website for details.*

#### REFRESHER SESSIONS ►

Coached session for new or 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. By appointment. *Check website for days/times/sign-up instructions.*

#### COACHING ►

**Additional private or semi-private lessons and masters' crew coaching** are available to NRR members. Arrange directly with coaches. *Schedules, fees and contact info go online in mid-May.*

### 2014 WORKSHOPS and CLINICS for NRR MASTERS (Men and Women, 27 and older)

This year we'll have more programs more often for members of all experience and skill levels.

**Single and multi-session programs -- Weekend Hours -- Guest coaches**

Class descriptions, schedules, costs and sign up instructions will be available after April 10, 2014 at

[www.navesinkriverrowing.shuttlepod.org/masters\\_camps](http://www.navesinkriverrowing.shuttlepod.org/masters_camps)

#### NRR Members are expected to

1. Submit a completed **application** and signed **waiver** and pay applicable **fees** in full
2. Adhere to all NRR policies and procedures
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.