



## **Beginner's course Vada rowing**

### **What can you expect from the beginner's course?**

You will be introduced to recreational rowing in the Wageningen harbour, the channel and on the Rhine.

You will learn:

- to bring a rowboat in and out of the water and to prepare it for rowing;
- to step in and out the rowboat;
- important rowing commands;
- the components of the rowing motion (catch, drive, extraction, recovery) and the sculling technique (rowing with two oars);
- to maneuver while rowing.

You will experience the various positions in the boat (f.e. bow, stroke).

Our intention is that after this beginner's course of twelve lessons, you will have the basic knowledge and skills to row as a team in C-material, without risk of injury or material damage.

### **When is the course?**

This introductory course is organized each year. The course starts on the first Saturday of April. The classes (twelve in total) are on six Wednesday evenings (6 pm) and six Saturday afternoons (1:30 pm). A lesson lasts one and a half to two hours. During thunderstorms, high winds and other extreme weather conditions, the lesson is cancelled and will be held on another day. This is also the case for classes on public holidays.

### **How do we teach rowing?**

You will row with two or four rowers and an instructor, in a C2 or C4. C2 and C4 are common boat types for recreational rowing.

Depending on the situation you will be rowing in the harbour, the harbour channel or on the Rhine.

We can also use ergometer rowing machines and an outdoor rowing tank for instruction.

This beginner's course is given by at least two instructors per class. One of them is KNRB - certified. The course coordinator is your contact for consultation, questions and comments.

### **Beginner's course followed, and then?**

If you want to continue rowing after this course you can become a member of Vada. You will row in the beginners rowing team on Saturday afternoon. Within this team you can practice your rowing skills and you will be given further instructions. After some time you will be able to take the exam for your first "sculling 1" and "sturen 1" certificate.

Then there is much more to learn and do: sweep-oar rowing, single sculling, tours, marathons and competitions. You can read more about this on <http://vadaroeien.nl>.

### **Terms and enrolling**

You can join this course if you are older than 18 and in possession of a swimming certificate.

This beginner's course costs 95 euros. This amount will be deducted from your first year's fee if you become a member of Vada. In principle, if you cancel a lesson you can't make it up later. If you want to register for the course, please use our form on <http://vadaroeien.nl/aanmelden-beginnerscursus>

### **Practical information**

The course program is intensive; it is important to follow all lessons.

Please be on time. After each lesson the rowing material is cleaned by us all. This takes about 15-30 minutes extra.

For questions, please contact the beginner's course coordinator via [beginnerscursus@vadaroeien.nl](mailto:beginnerscursus@vadaroeien.nl)