

GENAZZANO SOCIAL ROWING

Rowing is a sport that can be enjoyed by all ages 12+ and skill levels. Rowing provides participants with fitness and stimulating mental challenges in a fun environment. **Genazzano Social Rowing (GSR)** aims to make this fantastic sport available to the wider community.

Participants in the program will gain skills in:

- Rowing technique
- Boatmanship and an understanding of the equipment
- Cardio and endurance fitness
- Orientation of the rowing boat including bow side and stroke side
- Team work

Each crew of four will row in quad sculls (two oars each) and be coached by a qualified coach.

Programs

The program is conducted in blocks of 9 or 10 weeks throughout the school terms with breaks over the school holidays. Each crew will have an individualised program which will be dependent on skill level, fitness level and crew goals. GSR boats from the Genazzano FCJ College rowing facility are located on the south side of Bridge Road bridge in Yarra Bank Reserve. Entry via Denham Street, Melways reference page 2H J6.

Cost

Each 1 hour session costs \$25 per person. Time slots can only be booked as full term packages, not individually. Participants are welcome to book consecutive time slots each week for longer trainings. All profits from the GSR contribute to Genazzano fundraising efforts. Full payment must be received for the terms training prior to commencing the program. Please note that make up sessions and refunds are not applicable to this program.

What you need

- GSR rowers must be able to swim 100m unassisted.
- Three other friends, colleagues, or acquaintances to make up your crew.
- A hat, sun screen, thongs and tight clothing to row in.

Participants will be provided with boats, oars and a qualified coach who will also act as coxswain for your crew.

Bookings

Bookings are limited so please email Nicola Daniel for booking information or if you require additional information.
Email: nicola.daniel@genazzano.vic.edu.au

