

## How do I book a seat?

Come alone or tell your friends & book a crew of four. Simply download the LEARN 2row Registration Form from either: [www.ergfit.com.au](http://www.ergfit.com.au) or [www.essrc.com](http://www.essrc.com)

1. Return completed registration form along with payment to ERGfit™. You will then receive a confirmation email, LEARN 2row handbook & Rowsafe capsized manual
2. Contact ERGfit™ to book in for your 1<sup>st</sup> session; an indoor rowing class at ERGfit™. Check out our website for group class timetable. This is required prior to your 1<sup>st</sup> outdoor on water session.
3. Collect your LEARN 2row commemorative T/shirt at ERGfit™ when you attend your 1<sup>st</sup> session.

Payment can be made by way of:

- ✓ Cash, Cheque (payable to ERGfit™)
- ✓ Credit card (VISA and Mastercard)
- ✓ Direct Deposit into ERGfit's bank account  
BSB 013 317  
Account 4963 51428  
STR Fitness Group P/L  
Reference Include your name

Return completed registration form to ERGfit:

- ✓ In person, 424 Mt Alexander Rd, Ascot Vale
- ✓ Fax: 9370 3317
- ✓ Post: PO Box 1106, Niddrie 3042
- ✓ Email: [info@ergfit.com.au](mailto:info@ergfit.com.au)

## Cancellation Policy

- \* Fees paid are non refundable. If you cancel your enrolment, full payment will be forfeited.
- \* You may defer your enrolment to a later course; a \$50.00 administration fee will apply.
- \* Refunds are given only if the event is cancelled by the organisers'.

## Want to know more!

Phone **Scott** on **0414 433 905**

## LEARN 2row Programs

(Effective 1<sup>st</sup> July 2011 to 30<sup>th</sup> June 2012)

### • Beginner LEARN 2row

For all Adults over 18 who have **NO** or very little rowing experience.

#### Course includes:

- ✓ 1 session at ERGfit™ Indoor Rowing Studio  
(To be completed prior to session 1 on-water)
- ✓ 6 on water sessions at Essendon Rowing Club
- ✓ LEARN 2row handbook & capsized manual
- ✓ Souvenir LEARN 2row T/shirt
- ✓ Basic Sweep / Sculling Rowing Principles
- ✓ Boat handling, capsized & water safety
- ✓ Lots of Fun

Duration: 6 weeks

### • Advanced LEARN 2row - Optional

Pre-requisite: Beginner LEARN 2row, some previous experience &/or active membership at Essendon Rowing Club.

#### Course includes:

- ✓ 1 session at ERGfit™ Indoor Rowing Studio  
(If you haven't done the BEGINNER course)
- ✓ 6 on water sessions at Essendon Rowing Club
- ✓ Progress to smaller boats  
(Single scull, double sculls, pairs)
- ✓ Advanced skills and drills
- ✓ Boat handling – to become self sufficient
- ✓ Lots of Fun

Duration: 6 weeks

### • Private Coaching - Optional

Fast-track your knowledge, skill & technique by opting for private one on one coaching

#### Pre-requisite:

Active membership at Essendon Rowing Club.

#### Sessions include:

- ✓ Single & double scull training
- ✓ Stroke correction, skills and drills
- ✓ Video analysis (if applicable)

Duration: 12 sessions



**Essendon Rowing Club**



Provided by



**Essendon Rowing Club**  
**48 The Boulevard, Moonee Ponds, Vic 3039**

For Bookings: Contact ERGfit™ on  
Ph: 9370 3313 Mob: 0414 433 905  
[info@ergfit.com.au](mailto:info@ergfit.com.au) [www.ergfit.com.au](http://www.ergfit.com.au)

## Why row?

Rowing is a low impact lifelong sport that can be performed and enjoyed by all ages. It offers diverse opportunities; indoor rowing, on water rowing, competition or for self-satisfaction.

Rowing and Indoor Rowing are excellent forms of exercise; good for your health and can be great fun as well. It is one of the few aerobic activities that can actually strengthen your back.

Aside from full body conditioning (aerobic and strength) which builds lean muscle mass while burning 600 calories per hour, rowing allows you to release stress, lose weight and reduce your blood pressure.

It is an excellent way to improve cardio-respiratory fitness and give yourself a major health boost.

Rowing exercises your muscles through a wider range of motion than most other exercises therefore gaining better balance, co-ordination & flexibility. It's a great opportunity to enjoy movement and your connection with the water as you take each stroke. It can also be the opportunity to push yourself beyond limits you ever thought possible.

Rowing is a great social activity, and all our participants have a lot of fun!



## Why a Learn to Row program?

The ERGfit™ LEARN 2row program is designed to give you an introduction to rowing. From here, participants can elect to join Essendon Rowing Club as a social or competitive rower with the use of many club boats and other facilities.

This program recognises that people are able to make different levels of commitment: while some may want to take part in full competition, others would like to keep fit and experience rowing in a structured, fun and social environment.

## What does ERGfit™ offer?

There are 3 rowing programs available however, if you have NO previous rowing experience, the Beginner LEARN 2row program is for you. The Beginner LEARN 2row program consists of 1 indoor session at ERGfit™ to learn the basic rowing stroke on a rowing machine and 6 x 75 minute sessions on water covering basic rowing principles & technique.

Beginner Courses are available every 6 weeks at either 8.30am or 9.45am. Advanced courses are available quarterly throughout the year at either 7.00am or 8.30am. Participants are required to attend both the indoor session at ERGfit™ as well as complete all 6 consecutive Saturday morning sessions. We do not operate over public holiday weekends.

Rowing is a discipline sport; for a Beginner LEARN 2row boat to hit the water, all 4 participants are required to attend each and every session. If you cannot attend, you must notify ERGfit™ as soon as possible. The actual work covered in each session will vary with most of the training done in fours, but you should be prepared for anything!

Participants are treated as "honorary" club members with use of all facilities. *(Rowing sessions must be supervised)*. Please be aware that we row in most weather conditions, if we have to cancel the session due to extreme weather we'll make alternative arrangements. You will need to be able to swim at least 50 metres and be in good health.

## What do I need to bring?

- ✓ Wear comfortable but close fitting workout clothing such as bike shorts or leggings. Clothes should be close fitting but allow freedom of movement
- ✓ Wear runners, sandals or thongs around the club; you can row in socks or bare feet
- ✓ Bring a change of clothing and towel
- ✓ Essendon Rowing Club encourages rowers to be sun-smart, so bring a hat, sunscreen, sunglasses & water bottle.
- ✓ In the cooler months, it is recommended to wear long leggings and thermal long sleeve tops to stay warm. Beanies and ear warmers are also advisable.

## On the Day?

- \* Participants are asked to arrive a few minutes early to become familiar with the club.
- \* The meeting point is out the front of the club at the power pole
- \* Parking is available at Essendon Rowing Club; corner Holmes Road & The Boulevard, Moonee Ponds.
- \* Toilets, showers and changerooms onsite

