

## FREQUENTLY ASKED QUESTIONS

### Do I have to be a members of IRC to take classes?

All IRC classes and programs are open to the public. While IRC annual members receive a discounted rate on classes and many other benefits, no membership is required.

### When do classes begin?

Classes begin mid- April and continue through September. This is when the weather is the best! The registration page includes class dates, and a complete calendar is available on our website. All classes require a minimum number of participants.

### What should I expect after my class?

IRC has worked to offer programs for rowers of all levels! You are encouraged to keep rowing by taking the next course or joining the masters program. Novice s will be paired with experienced members to answer any questions you may have. Many people are surprised by how long it takes to become comfortable in the boats. Rowing is truly a life-long sport!

### What are the physical requirements of rowing?

The LTR, LTS and QuickCatch classes focus on technique rather than fitness. Adults of all levels have completed the courses. Contrary to popular belief, rowing uses the legs more than the upper body. In the more advanced classes, Rowing provides an excellent cardio vascular workout. The boats typically used in out LTS class comfortably support adults up to 220 pounds. If you require a larger boat, please contact us in advance to insure that the boats are available.

### What should I wear and bring?

We recommend showing up in comfortable clothes, socks and athletic shoes. We also recommend you bring a hat and sunscreen and a bottle of water. You may want to pack a change of clothes as well. There are bathrooms and a water fountain at the boathouse.

**See you on the water!**

## HOW TO SIGN UP

### REGISTER

- Please visit [www.regattacentral.com](http://www.regattacentral.com)
- Choose the Learn to Row tab
- Scroll down to the Indianapolis Rowing Center
- Select your class.
- Join!

### SIGN YOUR WAIVER

<https://www.regattacentral.com/athletes/>

Enter the roster code **IN-693956**

### RETURN YOUR SWIM TEST

USRowing requires this of all participants before they can row. Download this from the IRC's website.

### PAY

You may pay online or submit a check to IRC. Members, please pay in person at the boathouse or by check if you would like to receive your discount.

More information on classes and membership is posted on the IRC website.



The Indianapolis Rowing Center /PO Box 53223 /Indianapolis, IN/ 46253 Located at the Watersport Center, Eagle Creek Park

Online: [indyrowing.org](http://indyrowing.org)

Boathouse: 317-298-9456



**IRC Mission: To develop youth and adults of all social and economic backgrounds through rowing by providing education, programs, and world class facilities.**

View calendar and registration information at [www.indyrowing.org](http://www.indyrowing.org)

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# Come out and row!

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IRC offers three main classes: Learn to Row, Learn to Scull and QuickCatch. All are designed for adults of all ages and abilities. The curricula focus on technique rather than athletic ability, so it is well-suited for adults looking to try an engaging sport while becoming more physically active. Group classes and private lessons are available.

## QUICKCATCH

A one-time class, QUICKCATCH, is not a substitute for LTR or LTS, but does provide a unique glimpse of the sport.

The class is 2-3 hours in length and is based on the National Learn to Row Day Format. It leads participants through basics of the sport on the indoor rower and in sweep boats with experienced rowers.

QuickCatch may be perfect for you if you want to:

- Spend time on Eagle Creek Reservoir
- Refresh latent rowing skills
- Learn proper technique on the rowing machines to get the most out of your gym workout.
- Test out rowing before signing up for a LTR class.

Participants should be at least 12 years old. Minors are encouraged to participate with their parents and parents must sign a waiver for their child.

Classes require a minimum of 6 attendees.

# ROWING/sweep

Pictured on the cover, sweep rowing is the team sport practiced by most crews in the US. Practiced in 8, 4, and 2 oared boats, rowing is a challenging, fun sport!

40% of class fees will be applied to membership.

## LEARN TO ROW (LTR)

An 8 session class, learn to sweep teaches the fundamentals of sweep rowing safety, terminology, maneuvers and technique.

## REC ROWING

Offered June-Oct, this course reviews the basics of sweep with a focus on drills and technique. This course is the perfect for the LTR grad, or former rowers looking for a refresher. It is also open to rowers who want to row in a team throughout the summer while improving their rowing skills..

## MASTERS PROGRAM

The Masters crew practices several times per week throughout the year, and competes throughout the summer and fall. Adult rowers of all skill levels and ages are welcome.

The Masters Program provides an outlet for rowers' goals by encouraging personal improvement and development in a fun but yet competitive team setting. The Masters training plan is designed to improve boat handling and speed and emphasizes sweep rowing, though coaches may also assign sculling boats.

# SCULLING

Pictured on the back cover, sculling requires one person to use an oar (scull) in each hand. 40% of class fees will be applied to membership.

## LEARN TO SCULL (LTS)

Intense and condensed, the LTS classes are offered throughout the summer months in groups of 3-4 students per instructor. The class comprises six 90-minutes and will provide the basics required for Intermediate Sculling.

## INTER-MEDIATE SCULLING (IMS)

This 8-session class focuses on improving the technique and training of scullers. Scullers should have basic terminology and boat handling skills, or be graduates of LTS. Course will cover drills, technique, rowing in 2x and 4x, safety, water etiquette and training.

## GROUP SCULLING

Available to registered members and graduates of the intermediate sculling class, group scullers meet weekly to row. The group is coach or sculler-led, and requires advanced registration\* in order to reserve the club equipment.

