

Frequently Asked Questions

Do I have to be a member 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 Adult Rowing. Novices 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 Splash Course 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 cardiovascular workout. The boats typically used in our 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.

HOW TO SIGN UP

1) REGISTER

Please visit www.indyrowing.org and follow the link from the homepage.

2) SIGN YOUR WAIVER

<https://www.regattacentral.com/athletes>
Enter the roster code IN-693956

3) RETURN YOUR SWIM TEST

US Rowing requires this of all participants before they can row, downloadable from the IRC website.

4) PAY

Payment is done via the IRC website when signing up for programs.

Payment/Scholarships plans available.



**Indianapolis Rowing Center / PO Box
53223 / Indianapolis, IN 46253**

**Located at the Watersport Center,
Eagle Creek Park**

Email: grant@indyrowing.org

Online: www.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

Come out and row!

IRC offers three main classes: Learn to Row, Learn to Scull, and Adult Rowing. 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.

SPLASH COURSE

A one-time class by request, Splash Course, 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.

Splash Course 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 4 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. Membership is annual and is \$300. Rowers taking two classes receive a free membership.

LEARN TO ROW (LTR)

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

ADULT ROWING

Offered twice weekly June-Oct, this coached 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. Adult Rowing competes at IRC home events and is free for members, or can be taken after LTR to fulfill the membership requirements.

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, 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

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 will provide the basics required for Intermediate Sculling.

INTERMEDIATE SCULLING (IMS)

This 4-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.

OAAR PROGRAM

The OAAR Collegiate Summer Program will provide a great opportunity for you to go FASTER. OAAR participants may row in several regattas lined up for the summer, so rowers will be able to apply what they have learned on the water during the program in an actual race situation.