

Learn to Row 2021

Hello everyone and hope you are all keeping well and looking forward to starting your Learn 2 Row course with Windermere Rowing Club!

Well, the start of your 6 week course is fast approaching, and I'm delighted to welcome you. There will be eight people on your course.

Your course starts on [*Thursday 27th June 6.30 pm – 8.30 pm*] at our base at Fell Foot Park.

Your instructors are [*Sarah Eden 07814 453151 and David Oates 07879 051416*] - they are both looking forward to meeting you all.

It's really important that you make all sessions but I appreciate that sometimes things happen that are just out of your control. If this proves to be the case then please get in touch with [*Sarah or David*] as early as possible. I have copied them into this email so you have their phone numbers and email addresses.

PLEASE CAN YOU COMPLETE THE ATTACHED FORM AND RETURN TO ME BY [20th JUNE.]

IF YOU HAVEN'T PAID FOR YOUR COURSE ALREADY PLEASE MAKE SURE THAT YOU PAY BY BACs OR BRING PAYMENT WITH YOU TO YOUR FIRST SESSION

Windermere Rowing Club
Sort Code 20 45 28
Account number 73105083

So, some extra information now:

Where to find us:

- Fell Foot Park - this is National Trust property, and so charges 'non-National Trust' members for car parking. You may find parking on the road outside of the park, but it is pretty limited.
- Having entered the park, take the first right turn signed "Active Base Users Only". There is parking at the bottom of the hill. Sarah and David will meet you on the decking area of the wonderful new Active Base building. There are toilets and changing facilities alongside our wonderful new clubhouse.

What to wear:

- General sport/leisure stuff is absolutely fine, but it does need to be fairly close fitting (leggings, cycle pants etc are ideal).
- A waterproof jacket is always a good idea but make sure it is as close fitting as possible preferably without pockets at the front or you will forever be catching your thumbs as you row.
- Gloves. Wearing gloves for rowing never works well. It's really useful to be able to feel the handles of the oars directly, but if it is cold, gloves are useful when we are getting ready to row. See what you think.
- Wellies. If you have them. Some of us need to wade into the water when we launch the boats
- Trainers for wearing in the boat
- Sun cream!
- Hat!

What to bring:

- Water bottle

- A change of clothes and towel is essential safety equipment! You can get cold sitting in the boat, and in the (highly unlikely) event of going in the water you'll need to get dry and into warm clothing. There are hot showers on site should we need to use them.
- **SENSE OF FUN and plenty of laughs!!**

Club Membership:

Whilst you are participating in your Learn to Row course, you are a member of Windermere Rowing Club and you will be more than welcome to join in any social or other activities going on during your course. Your instructors will let you know what is happening.

Hopefully, I've covered everything, but don't hesitate to contact me if you have any questions. AND please return the form to me.

Many thanks, I know you'll have great fun, and I'll look forward to meeting you down on the lake at some point.

Best wishes

Rachel Stavert

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www.windermerrerowingclub.com