

## ASRA Holiday Learn to Row Program - Summer 2022

We invite applications for the following Learn to Row course from young people who are in Secondary education.

**LTR 1: 4<sup>th</sup> to 8<sup>th</sup> July**  **Applications close Friday 24<sup>th</sup> June**

Mon: 13:00 – 16:00, Tues: 12:00 – 15:00, Wed: 11:00 – 14:00, Thu: 10:00 – 13:00, Fri: 09:00 – 12:00

**LTR 2: 18<sup>th</sup> to 23<sup>rd</sup> July - CANCELLED**

**LTR 3: 8<sup>th</sup> – 12<sup>th</sup> Aug**  **Applications close Friday 22<sup>nd</sup> July**

Mon: 13:00 – 16:00, Tues: 12:00 – 15:00, Wed: 11:00 – 14:00, Thu: 10:00 – 13:00, Fri: 09:00 – 12:00

**LTR 4: 15<sup>th</sup> – 19<sup>th</sup> Aug**  **Applications close Friday 29<sup>th</sup> July**

Mon - Fri: 11:00 – 14:00

This LTR week cost £50 per person, but are heavily subsidised by ASRA and there is an expectation that if your son / daughter wishes to continue rowing after the LTR week, then this will be done with ASRA.

The ASRA boathouse is situated on South Esplanade West, Torry.

Your child will need a snack and a water bottle each day. As rowing is a demanding sport it is important to keep energy levels topped up and to remain hydrated throughout.

You will need basic outdoor PE kit to take part. It is important to pack enough kit for two separate outdoor sessions a day and a light waterproof in the event of rain. A change of socks is important as they can get wet whilst getting in and out of the boats. Obviously, the weather can be very varied, so please pack accordingly.

Noted below is an outline of the programme for the week.

<b>Monday</b>	Land Based – Technique on rowing machines Water Session – Introduction to rowing
<b>Tuesday</b>	Water session – Re-cap on yesterday & Further technique work
<b>Wednesday</b>	Water session – Rowing games & Explore the River Dee
<b>Thursday</b>	Water session – Manoeuvring skills
<b>Friday</b>	Outing – Mini Regatta <span style="float: right;">Finish up</span>

The coaches involved are qualified Scottish Rowing Coaches who are insured and fully disclosed. Application forms may be downloaded from our website. Places are however limited and will be allocated on a first come, first served basis.