



# Learn to Row: Summer 2021

**Session 1: Monday & Tuesday:** 02 & 03 August

**Session 2: Thursday & Friday:** 05 & 06 August

**Spaces Available:** 50 each session

**Application Deadline:** 12 July 2021

**Who Can Attend:** George Watson's College Boat Club are running two 'Learn to Row' sessions during the summer holidays. The sessions are aimed at GWC pupils that are currently in P7, S1 and S2 that are interested in trying rowing as a new sport. Please take into consideration that when rowing there is a risk of capsizing so children will need to be confident swimmers.

**Times:** The sessions will run from 8:45am – 4.00pm.

**Drop Off & Collection:** Drop off times are from 8.45am – 9.00am and collection from 4.15pm – 4.30pm at the Craiglockhart Pavillion. Rowing will take place on the Union Canal.

**Activities:** The emphasis of the sessions will be learning essential boat skills and basic rowing technique in crew boats as well as developing confidence in smaller boats. There will also be races on the rowing machines and sessions to develop fitness, strength and core stability.

**Clothing / Equipment:** Children are asked to wear appropriate clothing and footwear for physical activity; no loose clothing that may become caught in the boats. We advise bringing a change of clothes and a towel. A waterproof jacket and appropriate sun protection should be brought. Please ensure all personal belongings are named and not left at the end of the day.

**Refreshments:** Each child must provide their own packed lunch, water bottle and snacks for breaks.

**Staffing:** Children will be supervised and coached by GWC Boat Club staff.

**Spaces:** The sessions will be capped at 50 children per session and spaces will be allocated on a first come, first served basis.

**Booking:** A space will only be allocated upon completion and submission of the online Google Application Form. You will receive a Google Form confirmation receipt upon completion advising that your application has been received. A confirmation email will be sent by the Head Rowing Coach Mr. Mole confirming your place.

**Cost:** £80 per child, per session (Monday & Tuesday or Thursday & Friday)

**Payment options:** The cost of the session will be charged to your extras account or you can pay by Child Care Vouchers (CCVs) for children up to the age of 16.

**Cancellation Policy:** Cancellations can be made up to 4 weeks prior to the date of the camp starting at no charge. Cancellations made within 4 weeks of camp starting will be non-refundable.

## Next Steps:

Complete the online Google Application Form and wait for an automated response acknowledging that we have received your application.

A confirmation email will be sent by a Mr. Mole confirming if your application was successful.

If you have any questions in advance of your application or during the period leading up to sessions, please do not hesitate to contact the Mr. Mole [m.mole@gwc.org.uk](mailto:m.mole@gwc.org.uk)