



Palm Coast Rowing Club Test the Waters Sweep Rowing Program

Service Description

1 - On-the-Water 3-hour Trial in a Sweep before joining PCRC.

PCRC offers the opportunity to "test the waters" (TTW) and try on-the-water rowing sessions in a sweep (one oar in hands) boat to determine if you like the sport and would want to become a member.

One-time fee of \$50 for this class

REQUIRED BEFORE TEST THE WATERS SESSION: Take 3 indoor rowing sessions at the Palm Coast Community Center at the Thursday afternoon session before signing up for a Test the Waters session. [Indoor Rowing Sign-up LINK](#)

These TTW rowing sessions take place usually Saturday morning (around 9:00 am) after the Adult Group Rowing Session. This opportunity will include the following.

- (1) FUNdamentals of the rowing stroke and rowing terminology
- (2) Rowing and boat safety
- (3) Getting in an eight- or four-person boat and learning how to feather the oar and take strokes with the other crew members
- (4) Meet other PCRC members
- (5) Let's make sure to have fun

Things to bring to the session:

1. wear athletic shorts and shirts that are tighter fitting to the body. Loose clothing in a rowing boat can cause a hand or finger to catch the loose fabric during the rowing stroke.
2. Hat and sunglasses, sunscreen, water bottle.
3. Water shoes, boats are launched by stepping in the water
4. Note, there are bathrooms at the Palm Harbor Golf Shop/Green Lion
5. You will need to sign a PCRC Risk Acknowledgement Waiver before you can start the trial. **Click on link below to complete the form.**

[PCRC Risk Acknowledgement Waiver](#)

Slots for this trail are limited so it may be a number of weeks before you can schedule this trial. [Test-the-Water Sign Up LINK](#)

You will come away at the end of the session with an appreciation for the rowing stroke, the balance and movement of a boat in the water and seeing the canals and waterways of the Intracoastal Waterway. You will meet other members of the PCRC and this session will give you an opportunity to decide if you would like to continue and learn more about rowing and joining the PCRC.