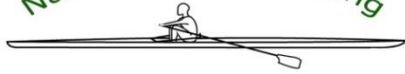


Navesink River Rowing



Located at the end of Maple Ave in Red Bank, NJ

Website: www.navesinkriverrowing.org

Navesink River Rowing is a non-profit organization providing public access to rowing opportunities and sculling instruction on the Navesink River. We offer **lessons, coaching** and **youth programs** in June, July and early August and maintain **boats for members** to use from May through October.

PO Box 6153, Fair Haven, NJ 07704 - Operations Manager: 732.784.3008 email: nrroperations@gmail.com

2020 Adult Programs & Memberships

(For men and women over 18)

To register for any program: www.regattacentral.com

New to Rowing?

- LEARN TO SCULL ►** **Adult Beginner Lessons (\$250):** Four 2-hour lessons in single, sliding seat shells for adults with no sculling experience. Weeknight & weekend classes all season; weekdays in June.
- THEN WHAT? ►** **Beginner Continuation Membership (\$250):** Available to adults who complete adult beginner lessons in 2020. Row NRR boats (appropriate to your skill level) use NRR facilities and participate in NRR activities for the rest of the season, which runs through 11/1/2020. **Program fee includes \$50.00 volunteer service fee that will be prorated based on time of sign-up. Orientation session required.** (See below)

MEMBERSHIP OPTIONS FOR ADULTS WITH SCULLING EXPERIENCE (INCLUDES \$50.00 SERVICE CHARGE) Early Sign-Up Discounts - \$25 off prices with (*) when you sign up by May 1, 2020.

Boat Use Membership: Row NRR-owned shells (appropriate to your skill level), use NRR facilities and participate in NRR activities for the 2020 season, May 1 - November 1. \$400*	College Student Boat Use Membership: Row NRR-owned shells (appropriate to your skill level), use NRR facilities and participate in NRR activities while home from college. \$250*
Private Boat Owner Membership: For active rowers to store their privately owned shells on NRR racks and use NRR facilities, May 1 -Nov 1. Rack space is limited and intended for boats that are used regularly. Reserve early. \$260*	Private Boat Owner-PLUS occasional boat use: Storage plus access to NRR-owned boats and equipment. May 1 -Nov 1. Rack space is limited and intended for boats that are used regularly. Reserve early. \$400*

FAMILY DISCOUNT: For two registrations from same household, use coupon code FAMILY2020 at checkout on Regatta Central. Does not apply to supporting memberships, beginner lessons or youth programs.

- SUPPORTING MEMBERSHIP ►** Receive NRR updates and participate in NRR social activities. **\$35**
- NEW MEMBER ORIENTATION ►** Before using NRR boats, new members with sculling experience go through a brief orientation and assessment of their sculling ability. Free. By appointment. *Check website for details.*
- REFRESHER SESSIONS ►** Coached session for new or returning members who feel a little rusty or who want to re-orient themselves before getting back on the water. 1 session free with membership. By appointment.
- COACHING ►** Additional private or semi-private lessons and masters' crew coaching are available to NRR members. Arrange directly with coaches.

NRR Members are expected to:

1. Pass required one-time swim test for membership to be complete and be able to row.
2. Adhere to all NRR policies and procedures.
3. Fulfill a service requirement - 10 hours helping to keep NRR running smoothly and our rowers safe. A \$50 service charge is included in membership fees and refunded when service hours are completed. Learn-to-row (ABL) students & supporting members exempt.

See back for schedule of Adult Beginner Lessons