



Learn to Row

*... for the exercise
... for the competition
... or just for the fun of it!*

A Brief History

The Fredericton Rowing Club (FRC) is situated along the banks of the beautiful Saint John River, in the heart of Fredericton, New Brunswick's Capital City.

Although our club is small, many rowers from the club have gone on to win at the local, regional, national and international competitions thanks in part to the highly professional and dedicated coaches that have been part of the club.

Our Programs

Our club offers junior, senior and masters programs for frequent rowers and a Learn to Row for newcomers.

The Club provides basic learn-to-row programs for youth and adult rowers and offers an adult recreation program.

Programs vary from early mornings to evenings throughout the season.



Health Benefits



The sport of rowing and its health benefits are often overlooked.

Rowing is unique in comparison to most sports in that it exercises all of your major muscle groups. Everything from your legs, back, and arms are engaged while rowing.

In addition, rowing is a low-impact sport. When executed properly, the rowing stroke is a fairly safe motion, providing little room for the serious injury often found in contact and high-impact sports.

Club rowing combines superb upper body and lower body conditioning with the calming pleasure of connecting with the open water and connecting with other rowers in a team activity.



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Rowing Facts



***There are two types of rowing :
Sweep rowing and Sculling.***

Sweep rowers use one oar, either port or starboard, and are usually coxed by a coxswain. Sculling is done with two oars and usually without a coxswain.

A coxswain is a small individual who sits at the bow or stern, steers the boat, and becomes the 'coach in the boat' during racing.

There are many shells available to race including: a single scull (one person), a double scull or sweeping pair (two people), a sculling quad or sweeping four (four people), and a sweeping eight (eight people).

Traditionally, learn to row programs teach new rowers to sweep in eights and fours.

Such boats are extremely stable (in comparison to a single scull!) and the advantage of having an onboard coxswain in addition to a coach makes the learning experience safe, productive, and fun.

Many learn-to-row participants then gravitate to smaller sweep boats and sculling as their interests and abilities increase.

What to Wear

The best clothing for rowing is soft, stretchy, breathable, and fairly form fitting.

Loose shorts can get caught in the slides under the moving seats, so avoid basketball style shorts or warm-ups.

Loose tops can get caught in the oar handles, so avoid bulky jackets or sweatshirts. In general, you should dress as though you are going running in the elements, or Nordic skiing.

Local Regattas

July 5th - N.B. Provincial Championships
Oct. 27th & 28 - Head of 4 Bridges
and Oromocto Tour