

ROWING AT VLC – SUMMARY OF PROCEDURES AND COSTS
NOVICE ROWERS – SENIORS AND MASTERS – (OLDER THAN 18)

The process for Novice Rowers is as follows:-

1. Sign up for a TRY OUT SESSION

Held 3 – 4 times a year, usually on a Saturday morning. The cost is R 100.00 per person.

2. Sign up for a LEARN TO ROW COURSE

If you enjoyed the Try-out, and would like to continue, book your place on the next LEARN TO ROW course. The sessions run on most Saturdays, and some Sundays. The duration is 8 sessions, spread over 6 – 8 weeks. The cost is R 900.00 per person. The LTR courses are generally scheduled to follow the TRY OUT sessions.

3. Join the Rowing Club.

If you wish to continue rowing once you have completed the LTR, then you need to join the Victoria Lake Rowing Club, **as well as** the Victoria Lake Club (the Main Club).

The cost per year for VLC Main Club is R 1360 for a single member, or R 1850 for a family (2 adults, 2 children under 18). If you are under 25 and a student or apprentice, the cost is R 400 per year.

The cost per year for VLRC (Rowing Club) is R 1400 per year for a Master (Over 27 years of age). This allows you to use Club boats, subject to normal club restrictions. If you are a Senior (between 18 and 27), the annual fee is R 900.

VLC Main Club membership runs from 1st May to 30th April. VLRC Rowing Club membership runs from 1st June to 31st May.

If you wish to enter regattas, then there are additional costs of affiliation to the National and Provincial bodies (R 300 per year) as well as entry fees (typically R 50 per race entered).