

## **Information for Potential New Members.**

Inverness Rowing Club is a small club of some 40 members. We are keen to welcome potential new members whether they have rowed before or not.

We have a range of club boats: single, double, quad, pair, four and eight, basic instruction boats and two Concept II ergo's (dry land rowing machines) .

Our regular Club training sessions, for experienced rowers are at 8.00 am and 10.00 am on Saturday and Sunday mornings (9.00 and 11.00 in winter). During summer months experienced rowers will arrange outings amongst themselves during the evenings. We row throughout the year, barring ice or very strong wind. As we are a small club, the turn-out on any given Saturday or Sunday is variable and may be sparse, especially if the club is competing at a regatta elsewhere. Therefore if you are an experienced rower, moving to the Inverness area it is better if any visit is arranged through [secretary@invernessrowingclub.org.uk](mailto:secretary@invernessrowingclub.org.uk) or another committee member beforehand. We would usually want to see you row/scull before allowing you take out one of our club singles and would arrange for your first outing to be as member of a crew.

For **complete beginners** we arrange Come and Try sessions on a regular basis. Ideally we suggest that those new to rowing commit to a Come and Try day followed by 3-4 consecutive weekends rowing so that you can get a feel for the sport and a sense of progression over the 4 weeks. At the end of this we would hope that you would be able to join a novice group of rowers and continue your rowing development. A small charge of £25 is made for the Come and Try Day. This will be deducted from the annual subscription if you decide to join the club

The boathouse is on the north bank of the Caledonian Canal, 200 metres beyond the Jacobite Cruise office at the swing bridge on Glenurquhart Road(A82) heading west out of Inverness. If you are coming by car, drive right along the tow-path to the boathouse, there is plenty of parking.

Although it is rarely necessary, rowers and anyone hoping to come and try must be able to swim 50 metres in rowing clothing.

Find us on [www.invernessrowingclub.org.uk](http://www.invernessrowingclub.org.uk) and have a look through the photograph gallery. Please also download and complete the 'Come & Try' application form. I know we'll need to create one..

**Membership fees: 2015-2016 (pro rata for new members joining after July)**

Senior £125  
Associate £75  
Student / no wage £65  
Junior £50