

## Rowing Class FAQ

Station L Rowing Club offers adult rowing classes to the general public.. Rowing is a low impact total body workout, similar to cross country skiing, as it makes use of all the major muscle groups.

Learning rowing technique requires some concentrated work at first, but new rowers can usually enter a competition after rowing for a few months. Graduates of our Level 2 rowing classes can join the club and compete in local, regional and national regattas.

If you have extensive or recent sweep rowing experience our membership programs may be a better fit for you.

How Do I Register?

Go to the “Learn to Row” page at [www.stationrowingclub.com](http://www.stationrowingclub.com) and use our online registrations system.

Where Are Classes Held?

Classes are held at the Portland Boathouse in RiverEast Center, near the Hawthorne Bridge and the Eastbank Esplanade, at 1515 SE Water Ave. Parking is free in the RiverEast lot, to the west or just south of our building. Do not park in OMSI parking lots.

Do I Need to be Able to Swim?

Great question! Yes. Participants in Station L rowing classes are required to demonstrate the ability to swim. **A swim test form is available on the web site and must be turned in on the first day of class in order to be able to row.**

What Happens If I Miss a Class?

If you have registered for a class and must drop out of it **before** the first day of class, advise the registrar at [registrar@stlrowing.com](mailto:registrar@stlrowing.com) so we can process a refund. If you must drop out after class has started we are unable to provide a refund.

If you miss a class (there are no make-ups or prorated fees. Passing the Level 1 or 2 class requires attendance at a minimum of 70% of the class sessions. If you are unable to attend the first 2 days of a Level 1 class we would advise you to wait and take another class later in the season, as the first 2 classes are critical to the learning process.

What About Weather and Clothing?

Classes are held rain or shine; classes are only cancelled due to lightning or high winds. Dress in layers for warmth, and in athletic clothing that can get wet.

More Questions?

Email us at [registrar@stlrowing.com](mailto:registrar@stlrowing.com)