



Rowing Class FAQ

Station L Rowing Club offers novice and intermediate sweep rowing classes to the general public. Sweep rowing is done in team boats of either 4 or 8 persons. 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.

Novice classes are designed for the complete beginner—no prior experience is needed.

Intermediate classes are designed for graduates of our novice classes or for rowers with some prior experience who have not rowed in some time. Graduates of our intermediate rowing classes can join the club and compete in local, regional and national regattas. If you have extensive or recent sweep rowing experience our recreational or competitive sweep rowing program may be a better match for you.

How Do I Register?

Go to the “Program, Learn to Row” section on our website at www.stationrowingclub.com to download a registration form and a current class schedule. Follow instructions on the registration form and send it in along with a deposit check for 50% of the class fee to hold your spot. Our mailing address is listed below.

Where Are Classes Held?

Classes are held at the Portland Boathouse in RiversEast Center, near the Eastbank Esplanade, at 1515 SE Water Ave. It’s just north of OMSI and south of the Hawthorne Bridge. Parking is free in the RiversEast lot, to the west or just south of the building

Do I Need to be Able to Swim?

Great question! Yes. Participants in Station L rowing classes are required to demonstrate an 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, you may apply your deposit check to a future class with Station L. If you must drop out after class has started we are unable to provide a refund. If you miss a class (which is common) there are no make-ups or prorated fees. If you are unable to attend the first 2 days of a novice class we would advise you to wait and take another novice 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 the Registrar, pdxrowingclasses@yahoo.com