



# Alliance Rowing Summer Program 2018



## Weekly Schedule for Studio Dryland & DRC Rowing

Our 6th Annual program runs June 4th thru Sept 3rd. Our method emphasizes rower POWER development, Technical proficiency & FUN! All sport disciplines will benefit from our rowing fitness protocols.

**SUPER FLEXIBLE Schedule - Multiple Session Options - Unlimited and a la carte Pricing!**

Activities by Location			*Shuttle RIDE: <u>R</u> =Roundtrip, <u>D</u> ownOnly & <u>B</u> ackOnly		Note(s) & Comments		
	Northshore Fitness Studio 905 Ridge Road, 60091	POWER PLUS†	Dammrich Rowing Ctr. 3220 Oakton, 60076	RIDE			
	Strength & Conditioning + Rowing ERGometer		On the Water ROWING				
<b>Monday</b>	Morning by Appt. ONLY		AM: Lessons by Appt. ONLY		Participation can be monthly, weekly or Drop-in! Pricing on page 2 below.		
	1 – 3p Power Rowing	+	Dev/ALL: 3:20p	R			
			ALL/Mast: 6:15p				
<b>Tuesday</b>			EarlyBird: 5:15 or 7a			†Any & ALL Rowers may combine both Dryland & Rowing for maximal Power & Technical GAINS!!	
	8 – 9:40a Power Rowing	+	ALL: 10a	R			
	1 – 3p Power Rowing	+	ALL: 3:20p	R			
	4 – 6:30p Power Rowing						
<b>Wednesday</b>	Morning by appointment ONLY		EarlyBird: 5:15 or 7a				Regatta: 7/7-7/9 Lincoln Park SPRINTS Regatta:6/23 Michigan State Games in Grand Rapids NOTE: Overnight Trip ROWBike Lessons by Appointment <b>To Be Announced:</b> Sweep & Sculling Technique Tank Clinics* Sculling Week long camp(s) Coxswain Clinics Cycling Group Rides for Endurance
	2 – 3p Power Rowing	+	ALL: 3:20p	R			
<b>Thursday</b>			EarlyBird: 5:15a				
	8 – 9:40a Power Rowing	+	ALL: 10a	R			
	1 - 3p Power Rowing	+	ALL: 3:20	R			
			ALL: 5:15p				
<b>Friday</b>	AM by appt. ONLY		EarlyBird: 5:15a				
	PM by appt. ONLY		ALL: 10a	R			
<b>Saturday</b>			EarlyBird: 6a				
	7 – 9:40a Power Rowing	+	ALL: 10a	R			
	1-2p	+	ALL: 1 or 2:30p	R			
	Learn to Row Noon or 1:30p	+		R			
<b>Sunday</b>	By Appointment ONLY		EarlyBird: 7a				
	11 – 12:40p Power Rowing	+	ALL: 1 or 2:30p	D			
	Learn to Row Noon or 1:30	+					
	PM by appt. ONLY			B			

\*Shuttle fees apply: \$2 daily, \$20 monthly or \$60 Summer

**2018 Summer Rowing Program  
June 4th through Sept 3rd**

<b>Program Options</b>	<b>Early Payment Option(s)</b>	<b>Late Payment Option(s)</b>
Full Summer <i>*Unlimited*</i> 9+ Weeks	\$1149 + \$150 Dues* Minimum Deposit of \$600 <b>before June 15th</b> Balance Due by July 30 <sup>th</sup>	\$1199 + \$150 Dues Minimum Deposit of \$750 <b>AFTER June 15th</b> Balance Due by July 31 <sup>st</sup>
6 Weeks <i>*Unlimited*</i> Add a week - \$149	\$849 + \$100 Dues Minimum Deposit of \$500 Balance Due the 4 <sup>th</sup> week	\$899 + \$100 Dues Minimum Deposit of \$500 Balance Due the 4 <sup>th</sup> week
By the Week <i>*Unlimited*</i>	\$209 - Dues included Prepayment in FULL	n/a

**PunchCards**

\*Members: 5 @ \$140 , 10 @ \$240 & 20 @ \$440  
NonMembers: 5 @ \$160, 10 @ \$280 & 20 @ \$500

**Drop-In: \$30**

**Beginner's Learn to Row**

5 Session package: \$174 Development, \$189 9th Grade and up!

Experienced Sweep Rowers: One Sculling Lesson \$60

**Sculling & Sweep Lessons - 75 Minutes** by appointment ONLY!

NonMembers: \$60/96 SemiPrivate/Private

Members: \$45/\$80 “ “

**\*Individual Member Fleet Dues - FAMILY Dues available!**

Member Fleet Dues offset our Fleet costs for our extensive 20+ boat fleet. Contributing expenses include: Annual USRowing Dues, DRC Storage fees, Boat & Equipment financing, Insurances, Vehicle/Launch maintenance, etc.

**!! ARC has recently ADDED 3 new boats to our fleet totaling \$20,000. Please support our Fleet !!**

- 2017 ARC Development returning Members w/ PunchCard Carry-Over: \$250 until Monday 6/11/2018 when Dues are reduced to \$175
- ARC U19 Spring Team: \$75 for the Summer Program
- NEW NonMembers: \$150 for the Summer Program PunchCard

# Program Policies & Requirements

- ARC reserves the right to adjust (ADD/Delete/Change) Schedule for Load-Leveling & Safety
- Installments may be arranged & **must** be accompanied by a CreditCard or BankAccount on file
- Selected weeks should be specified at sign-up: weeks DO NOT need to be consecutive
- Participants **MUST** be entering 6th grade or equivalent this coming Fall or have an older sibling or parent in ARC
- Member Fleet Dues are Non-Refundable & Member Dues are required for all options except By the Week Unlimited
- PunchCards are available for 5, 10 or 20 sessions: Dues as specified on previous page
- ARC Learn to Row beginner package is a prerequisite for PunchCard usage!!
- Studio Liability Release & ARC Program Sign-up Forms must be completed and on file
- ALL 8th Grade (Fall '18) and younger rowers **MUST** wear APFD's (automatic personal flotation devices)
- Prices, Policies & Safety requirements can change without notice

## Website and Online Sign-up Process

- 1) MindBody administration software is utilized to purchase & track sessions and/or unlimited access attendance. MindBody has a phone APP that allows access and reservation capability: ***it must be downloaded and installed on your SmartPhone***
- 2) New users will need to set-up an account: Calling 847.347.3278 will allow the director to ensure proper fees are paid and can assist with Userid/Password creation. Discounting, if applicable, can **ONLY** be done by the Director!
- 3) Access [www.allrow.org](http://www.allrow.org) and click on **RSVP Online: Classes** or access the phone APP it make a reservation. Making RESERVATIONS for classes is strongly encouraged: Attending classes without a reservation is only an issue if the class is full. We rarely deny clients access, but reserve the right to do so if safety maximums are reached.
- 4) New users will need to set-up an account: Calling 847.347.3278 will allow the director to ensure proper fees are paid and can assist with Userid/Password creation. Discounting, if applicable, can **ONLY** be done by the Director!
- 5) Managing Staffing requirements and class quality is our primary purpose for requesting reservations. When a client arrives we can dynamically add them to the attendance roster