



## SCULLING CLASS INFORMATION

Learn how fun and exciting sculling can be at one of Southern California's premier small boat rowing facilities! We offer year-round weekday and weekend courses. Students start in Maas Aero and Maas 24 single sculls and then may progress to more advanced single sculls like the Maas 27. Get qualified on our equipment and enjoy post class opportunities of leisurely rowing rentals and community events! For all classes, you must be 18yrs+ and a proficient swimmer to register.

### Classes We Offer:

- **Sculling I - Maas Aero & Maas 24:** Learn everything you need to start rowing right away! The class is designed for the novice rower who has little or no sculling experience. We emphasize the development of solid on-the-water skills as well as a basic navigational knowledge such as terminology and right-of-way rules.
- **Sculling II – Maas 27 Checkout\*\*:** After completing 30 hours of rowing at the facility in a Maas Aero or Maas 24, rowers may continue to develop your sculling knowledge on a more advanced boat
- **Sculling II – Double Checkout\*\*:** After completing 60 hours of rowing at the facility in a Maas Aero, 24, or 27, rowers may fine-tune their boat handling and technical skills course with a partner in a double scull.

After passing a class or checkout, you will become eligible to rent boats (of the type specific to your class) from our facility during open rental hours. Classes must be taken in order. After each class, we recommend coming to the facility to rent and practice before you sign up for a higher-level checkout. You may not sign up for consecutive courses at the same time, as certifications serve as registration prerequisites.

\*\*Level 1 qualified rowers need NOT pursue a Level 2: Maas 27 SEO. After completing at least 30 rentals within 3 consecutive months in Maas Aero or 24, rowers looking to advance their skills in a new boat may schedule a SEO with the office.

\*\*Level 1 qualified rowers need NOT pursue a Level 2: Maas Double SEO. After completing at least 60 rentals within 6 consecutive months in Maas Aero, 24, or 27, rowers looking to advance their skills in a new boat may schedule a SEO with the office.

### **Getting to the UCLA Marina Aquatic Center:**

The Marina Aquatic Center is located in Marina Del Rey at 14001 Fiji Way and is accessible by bus, bike, and car. Since parking is scarce (particularly on weekends and special events), we strongly encourage biking, busing, carpooling to the MAC. For more information regarding transportation and parking, please [click here to visit the MAC website](#).

### Taking a sculling class:

- Register online at [secure.recreation.ucla.edu](https://secure.recreation.ucla.edu) for all classes
- Once registered, review the Sculling Manual in advance so you come into the class with an idea of what will be covered. The [rowing manual](#) is available online as a PDF file. Write down any questions, and bring them to the instructor on the first day of your class.
- Be well rested for your class. Small boat rowing can be physically and mentally demanding.
- Show up to your class on time. Late arrivals are disruptive to the class.
- What to Bring for Class: Be prepared to get wet! The goal is for you to be comfortable and warm, even if you get wet.
  - **Shoes-** You must wear closed-toes shoes with a light colored, non-slip sole on the dock. The object is to keep you from slipping or falling. Boat shoes, water shoes, or old tennis shoes work well. Your shoes will get wet if you take them in the boat, so bringing an extra pair to wear home is encouraged.
  - **Socks-** Most scullers row in their socks or bare feet since the majority of shoes do not fit in the foot stretchers. If you prefer not to be barefoot, neoprene socks or water shoes are a good alternative, but not required.
  - **Clothing-** Dress in athletic clothing that is comfortable and will dry quickly if it gets wet. It can be much cooler on the water than on land, so light jackets/windbreaks are always recommended. Avoid wearing loose or bulky clothing as they will get in the way or may catch on the oar handles. As with your shoes, it is a good idea to bring a change of clothes for when/if you get wet. The facility has wetsuits available for patrons to use during classes and rentals.
  - **Towel-**Students will be required to complete a capsized recovery as part of the course. There is also always a chance while rowing that you will get wet.
  - **Sun Protection-** It is recommended that all students wear a hat, sunscreen, and sunglasses.
  - **Water Bottle-** Long periods of time on the water and out in the sun can be dangerous if you do not stay properly hydrated. The MAC has a water cooler on weekends where you can refill your bottle.
  - **Lock-** **Our lockers do not have locks, so you will need to provide your own. We do not recommend bringing any valuables to the facility or out on the water with you.**
  - **Gloves-** Gloves can be useful to protect your hands and to keep them warm, but are **not** required for any MAC rowing classes.

### **Swimming Proficiency:**

To participate in any water-based activity, you must be "water safe," able to swim 100 yards and tread water for 5 minutes, and capable of calmly handling yourself in the water. If you have any question as to whether you are "water safe," we recommend testing your swimming ability before registering for a class.

## **Refunds and Transfers:**

Please call us at [310.823.0048](tel:310.823.0048) or email [mac@recreation.ucla.edu](mailto:mac@recreation.ucla.edu).

Participants who submit refund requests at least 3 business days prior to a course's start date are eligible for a 90% refund or 100% enrollment transfer towards another class (same quarter only). **There are no refunds or transfers after this point.**

- No refunds or deferments are honored after the request deadline.
- If a class is cancelled, you will be eligible for a full refund or deferment.
- All refunds are processed through UCLA General Accounting.
- Refund check processing requires 4 to 6 weeks.

## **IMPORTANT – Please Read:**

- Boating can be fun, relaxing and enjoyable. By observing rules and boating etiquette and demonstrating care and caution for yourself and others, you will reduce your exposure to injuries and help insure that your boating experience is a pleasurable one.
- You have signed a release online when you registered, stating that you are water-safe (see swimming proficiency statement) and understand the risks involved in boating
- Injuries to participants in watercraft programs may occur from risks inherent in the sports or activities, from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques, from failing to follow training, safety or racing rules; and from the administration of first aid.