



BRIDGNORTH ROWING CLUB

LEARN TO ROW COURSE

Your first step into the sport of Rowing

Social - Adventure - Health - Competition



Learn to row at Bridgnorth Rowing Club!

6 sessions teaching you all you need to know to get started in the sport of Rowing.

Mixture of theory and practical instruction ensures you have all the knowledge and skills you will require to progress into competition.

With a focus on safety and enjoyment, training is fun and informative.

Once complete you can become part of a crew to compete at regattas and head races.

Discounts available for full club membership on completion of the course.

Discounts off the course available for those taking part in the fun regatta (14th April 2018).

Next Course Starts Thursday 19th April 2018



Registration closes 13th April 2018

Courses filling up fast—book now to avoid disappointment

To register or get more information please email:

learntorow@bridgnorthrc.co.uk

Or call 07500 014791

Courses are run by Bridgnorth Rowing Club, a member of British Rowing national body.