



Shoalhaven Rowing Club Beginner Program

Ever thought of trying a new sport? Join our next Learn To Row (LTR) Beginners Program and develop your love for this challenging but satisfying sport. Whether you want a recreational activity or serious competition, Shoalhaven Rowing Club has a place for you.

When:

Saturday 24th and Sunday 25th October, 7:30am til 12pm both days (with morning tea provided)

What to bring:

- Appropriate clothing
 - No loose-fitting apparel
 - Board shorts/tights
 - Rash Shirt or form fitting shirt
 - Thongs / cros
 - Socks and runners
- Water bottle
- Sun protection
 - Hat
 - Sunscreen
 - Sunglasses
- Full change of clothes
- Towel
- Jumper

Cost:

Adults \$100
Juniors \$50

Please Note:
You must be over 12 years of age and be able to swim 100m.



Hygiene & Social distancing measures will be enforced

Contact learntorow@shoalhavenrowing.com



For more info visit www.shoalhavenrowing.com or email learntorow@shoalhavenrowing.com