

## **Nepean Rowing Club**

### **School Holiday Learn to Row**

Nepean Rowing Club is offering a unique opportunity for individuals aged 12-18 years old to experience rowing for FREE this school holidays.

#### **Course Details**

A three-session course that introduces individuals to the sport of rowing and will give them a basic rowing knowledge.

The courses will be run in a maximum of groups of four due to current government restrictions. We will only row in singles (individually).

We are making this a flexible course to cater for anyone wanting to give it a go. You can start at anytime during the holidays and we can spread the sessions out to fit into your schedule.

Numbers are limited so please book as soon as possible.

#### **Session Details**

Each session will last one hour, and a basic outline of the sessions can be found below:

Session 1: On land introduction to rowing and boats along with a short row in rowing tubs (wider boats).

Session 2: Rowing in tubs starting to work on basic rowing technique.

Session 3: Rowing in tubs continuing to master the basics of rowing and for those who progress well, moving into standard (narrower) rowing boats.

#### **Where**

Nepean Rowing Club boatshed is located on 23 Bruce Neale Drive, Penrith, 2750.



### **When**

The courses will be run during the term 3 school holidays (26<sup>th</sup> September -10<sup>th</sup> October).

Session days and times will be organised on an individual basis.

### **Who**

The course is for individuals who are aged between 12-18 years old.

It is a requirement of rowing that you have a basic swimming ability.

If you do not fall within this age bracket, please get in contact to discuss other options to start rowing.

### **What to bring**

Wear clothing that is suitable for exercise and which is not too loose fitting.

Bring a water bottle and hat.

Also bring towel and spare clothes in case you do fall in.

### **Cost**

It is FREE.

There is no cost associated with the course.

If after completing the course you want to continue rowing and want to join the club, we will organise membership.

Membership runs until the end of April and is \$200 for those 16 and under and \$250 for those 17 and above who are studying fulltime. This gives you access to all club sessions, boats, gym and allows you to compete for the club at Rowing NSW competitions which typically run from September through to April.

### **Signup**

To sign up please complete the form online: <https://www.nepeanrowingclub.com.au/school-holiday-learn-to-row.html>

### **More details**

If you require further details about the above, please get in contact with us.

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