

'go rowing'

high school development program



lake
tuggeranong
rowing club



learn



to



row
program



summer
2006/07

rowing... its for everyone

No need to run, catch, or throw and no experience required! Rowing is an enjoyable alternative to traditional sports and perfect for students who are intimidated by other sports or those who just want to try something new.

the 'go rowing' program

The high school rowing program at LTRC offers local students the opportunity to learn to row and continue rowing in a fun and friendly environment.

The program is structured to cater individually for students from year 7 to 12.

Rowers will be coached by experienced, qualified coaches and come away achieving a skill for life.

The program is an ongoing program which teaches students to row and enables them to participate for the summer or the whole year.

Some students choose to row for fitness and recreation, others go on to compete in local competitions.

register your interest:

to let us know if you are coming to 'come and try'... or for more information: phone: 0401 021 340 or

email: rowingattuggeranong@gmail.com

(if you are unable to make the introductory session let us know and we can make other arrangements)

free! come and try session

9.00am

Saturday 14 October

students and parents can find out about the club, the program and have a go!

where?

At the LTRC shed - underneath Tuggeranong Library, Cowlshaw Street, Tuggeranong Town Centre.

what to wear?

things or slip on shoes, active wear, bring socks and water bottle.

details

Ongoing sessions will take place every Saturday
9am - 10.30am.

cost?

Rowers will become members of the club on joining the program.

\$155 per rower per year
+ \$30 each term coaching fee

*there are some additional costs for competition (eg. \$5.50 per race entry) - you can find out more about the costs involved at the come and try session.