

**Lake Tuggeranong
Learn to Row Program
October 2008**

Rowing is for everyone:

Rowing is a sport that can be enjoyed by people of all ages. No need to run, catch, or throw, rowing is an enjoyable alternative to traditional sports.

Learn at Tuggeranong:

Whether you want to row for leisure, fitness or competition the Lake Tuggeranong Learn to Row Programs are for you. Be taught by experienced coaches and come away achieving a skill for life. Programs are structured to cater for those 13 years of age and older and all fitness levels.

Where:

The boat shed is located by the lake, underneath the Tuggeranong Library, Cowlshaw Street, Tuggeranong Town Centre.

When:

Saturdays 8.30am - 10.30am	Wednesday 6pm - 8.00pm
4 October	8 October
11 October	15 October
18 October	22 October

Cost: \$ 145 per rower \$120 for each additional immediate family member*

AND

Sunday 8.30am- 10.30 am	
12 October	19 October
26 October	2 November

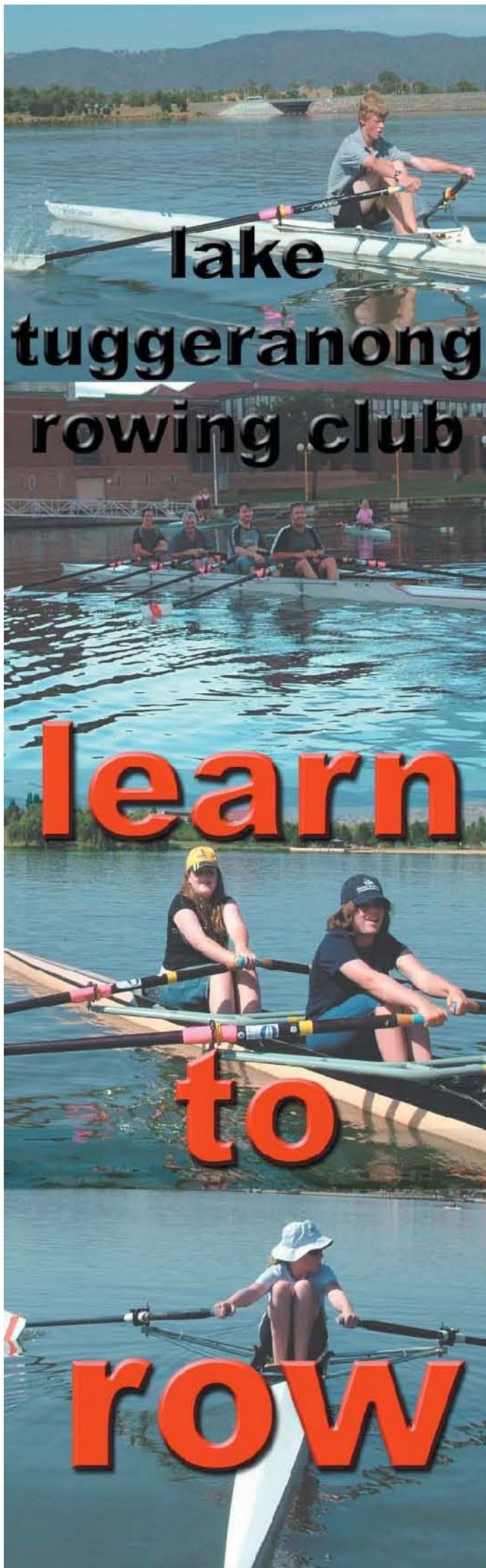
Cost: \$105 per rower \$90 for each additional immediate family member*

After Learn To Row:

There are many opportunities to continue to row and develop your skills and fitness. Join the lake Tuggeranong Rowing Club and continue to be coached on Tuesday, Thursday and Saturday mornings.

Contact Details:

For more information or a registration form please contact Christine.Ledger@bigpond.com.au or call the club on 0417290940



*Payment is non refundable unless at the discretion of LTRC committee

