## LEARN TO ROW

## "gRow Strong and Belong"





WHERE: Gisborne Rowing Club shed, ANZAC Park

WHEN: Saturday May 13<sup>th</sup> 2023, 9.30am - 12pm;

Sat May 20th 2.30pm, Sat May 27th 10am, Sat June 3rd 2.30pm, times thereafter tbc

(in the event of bad weather check the GRC Facebook page)

BRING: Consent form, drink bottle WHO: Yr 9 - 13

WEAR: Warm athletic clothing, socks and running shoes

COST: nil

Consent form: collect from your school's Sports Coordinator

let us know you are interested GRC Learn to row Winter 2023



