



The Gisborne Rowing Club proudly presents

- Learn To Row -

Commencing: Sunday July 28nd 2pm,
Gisborne Rowing Club Sheds, Anzac Park.

Continuing every Sunday until August 18th.

Session times will depend on high tide and will be confirmed each week on
<https://www.facebook.com/GisborneRowingClub/>

Learn to Row is open to students in Year 9 and above and will cover boat handling, learning to row, learning to erg on rowing machines, land based training activities, rigging and de-rigging a boat, loading boats and fitness.

Bring a friend.

For more information email info@gisbornerowingclub.co.nz

Or phone / text Peter on 027 433 9897

New rowers will be accompanied on the water by experienced rowers and coaching staff. In order to undertake the "on the water" part of this programme, parents or caregivers are required to complete a consent form at the first session attended.

