



AVON COUNTY ROWING CLUB

Learn to Row Taster and Courses (Adults) 2019

Rowing Taster Session

We will be running a taster session on **Sunday 10 March 2019**. Times will vary.

Please contact us on the email address below to reserve your place. We are limited to 8 places per timeslot and therefore advance booking is essential.

Unfortunately anyone just turning up without booking will not be able to participate.

Cost: £15.00

Duration: 4 hours



Adult Learn to Row Course Dates

Spring 30/31 March 2019 (first evening rowing sessions around 20 April)
Graduation Day: 12 May 2019

Summer 25/26 May 2019
Graduation Day: 7 July 2019

Autumn 20/21 July 2019 (last evening rowing session early September)
Graduation Day: 29 September 2019
This course will only run if exceptionally high demand, limited to 16 places only and will run for 9 weeks as evening rowing will cease during the course.

Cost: £110 incl 'Row' Membership of British Rowing, handbook/checklist and t-shirt

Duration: 7 weeks

Sessions per week: maximum 3 (Saturday and Sunday mornings and Thursday evenings) for approx 1.5-2 hours per session. We recommend 2 sessions per week.

It is essential that the beginner has completed the Rowing Taster session before enrolling on the full Learn to Row Course. It is ok to miss the odd 1 or 2 sessions during the Course but anymore and you will get behind the others and not get value for money.

Please note the above course is only for Adult over the age of 19, although there is no upper age limit!!



Payment of all fees should be made electronically in advance of attendance at the course. Bank details will be supplied by Beginner Coordinator.

Confirmation of the booking will not be sent by the Beginner Coordinator until verification from the Treasurer.

To book your place on tasters, the full course or any of other enquiries, please email Clair Ponting at new-talent@avoncountyrrowingclub.org.uk