



# AVON COUNTY ROWING CLUB

*Learn to Row Taster Session and Courses for Adults in 2020*

Please email our Beginner Coordinator, **Clair Ponting**, if you are interested in the below taster session and courses - [new-talent@avoncountyrowingclub.org.uk](mailto:new-talent@avoncountyrowingclub.org.uk).

## **Adult Learn to Row Courses**

If you have never rowed before, rowed ages ago at University and want to return to it or have enjoyed paddling around a boating lake in summer and fancy having a go, the taster session and the learn to course are where you start.

We run a taster session, where it is possible to try out rowing and see if it is for you, before you sign up to the full Learn to Row course. It is essential to undertake a taster session before joining/signing up for the full Learn to Row course.



Please note: the only way adults can learn to row at this club, is via the Learn to Row course. We do not offer individual lessons.

## **Taster Session**

***Sunday 1st March, Times will vary***

**Cost: £15.00**

**Duration: approx 4 hours**

We aim to run only 1 of these taster sessions during the year. During the taster session you will move around mini workshops getting information and hands on practice. There will be 8 in a group/time slot. VERY LIMITED AVAILABILITY LEFT!

## **Learn to Row Course**

***Spring Course: starts Saturday 28 March; Graduation Day: Saturday 16 May***

***Summer Course: starts Saturday 23 May; Graduation Day: Sunday 5 July***

**Cost: £110 incl Membership of British Rowing, handbook/checklist and t-shirt**

**Duration: 7 weeks**

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

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



**It is essential to book your place in advance. It is NOT possible to just turn up as coaches & paperwork need to be arranged in advance.**

We hope to be able to reply to your email within 2 or 3 days but would ask for your patience as it may take a little longer. If you do not receive a reply to your email after about 7+ days, please check that you have the correct email address for the beginner coordinator and/or re-send.