

LEARN TO ROW & COX

Sessions start 24th JULY

SUMMER ROWING EXPERIENCE *with Royal Chester Rowing Club*

- * Try a new sport
- * Learn on our land rowing machines before taking to the water
- * Develop team work skills
- * Have fun while getting fit
- * Cost £175 per week



Monday to Friday

9.00am - 12.00noon, tide dependant

Last week begins 14th August
for more details visit:-

www.royalchester.org



ROWING EXPERIENCE SUMMER SCHOOL

Supported by the Royal Chester Trust Fund

Beginning Monday 25th July, 9-00 till 12 noon.
Mon 1st August, Mon 8th August, Mon 15th August. Royal Chester Rowing Club continues to deliver our ever popular Summer School, as part of British Rowing's Go Rowing programme and the club's Junior Rowing programme. We reserve the right to cancel and offer alternative dates if a week has little interest and attendance is low.

WE AIM:

- To introduce rowing to pupils finishing years 7 to 10 (12 to 17 years) at schools (not offering rowing) in the Chester area, including those linked to the club.
- To find pupils not yet involved in sport, particularly those from a disadvantaged background.
- 'Open door' rowing for all in a safe and coached environment all year round.

Capacity is limited and the maximum enrolment per session will be 20. Attending one week or up to three weeks is up to the individual as we understand holidays will encroach. *Grants are available upon request to those needing financial support. Courses may be cancelled and refunded if coronavirus restrictions are imposed or if a minimum of 6 are not booked.*

In September there will be the opportunity to apply to become a member of Royal Chester Rowing Club if you wish to continue rowing, however attendance at Summer School does not automatically result in membership.

DETAILS

- Learn to scull, row, cox and steer.
- Learn to use a rowing machine.
- Progress your rowing from singles to doubles, then to crew boats.
- **COST: £175 PER WEEK.**
- **SESSIONS:** Mondays to Fridays 9.00am - 12 noon, starting on 25th July, finishing week begins 15th August.
- **WHAT TO BRING:** PE kit, trainers, sweat top, towel and change of clothes. Further joining details on website.
- Qualified and Disclosure Certificated coaches.

HOW TO FIND US

Royal Chester Rowing Club
The Groves, Chester CH1 1SD

DIRECTIONS:

Leave Boughton via Dee Lane towards the River Dee, and where it reaches the riverside bear to the right. Royal Chester is the first rowing club on the left hand side, BEFORE the Boathouse Inn.

CONTACT&BOOKING

All details and forms from the club website.

www.royalchester.org/summer-rowing-experience

Contact:

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WWW.ROYALCHESTER.ORG