

LEARN TO ROW & COX

Sessions start 22th JULY

SUMMER ROWING EXPERIENCE *with Royal Chester Rowing Club*

- * Try a new sport
- * Learn on our land rowing machines
- * Make new friends
- * Develop team work skills
- * Have fun while getting fit
- * Cost £175 per week



Monday to Friday
9.00am - 12.00noon,
Last week begins 12th August
for more details visit:-

www.royalchester.org



ROWING EXPERIENCE SUMMER SCHOOL

Supported by the Royal Chester Trust Fund

Beginning Monday 22th July, 9-00 till 12 noon. Mon 29th July, Mon 5th August, Mon 12th 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 starting in Years 8-12 at school in September 2024.
- To support pupils not yet involved in sport, particularly those from a disadvantaged background.
- To offer rowing for all in a safe and coached environment.

Capacity is limited and the maximum enrolment per session will be up to 20.

Grants are available upon request to those needing financial support.

Following completion of Summer School 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 row, cox and steer.
- Learn to use a rowing machine.
- Progress your rowing from singles to doubles and then to crew boats.
- **COST: £175 PER WEEK.**
- **SESSIONS:** Mondays to Fridays 9.00am - 12 noon, starting on 22th July, finishing week 12th August.
- **WHAT TO BRING:** PE kit, trainers, light weight Lycra-type clothing including long sleeved top, towel and change of clothes. No hoodies on the water. Further joining details on website.
- Qualified and Disclosure Certificated (DBS) 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:

Sue Collins - 07485 265040



WWW.ROYALCHESTER.ORG