



# UNION BOAT CLUB WHANGANUI

## LEARN TO ROW

SUNDAY 8.30AM | 19 MAY 2019

### ARE YOU UP FOR A CHALLENGE!

**We invite new masters, senior rowers and coxwains of all ages to attend a FREE Learn to Row morning at Union Boat Club.**

We are one of New Zealand's premier rowing clubs. Winning a number of titles at the NZ Secondary Schools and NZ Club Champs over the years.

Rowing is a demanding and rewarding sport. You need a willingness to learn, a positive attitude, strong personal discipline and the ability to be part of a team.

It's a lot of hard work but also fun. If you think you have what it takes... **Come down and give rowing a go!**

**Register online at [unionboatclub.co.nz/learntorow](http://unionboatclub.co.nz/learntorow)**

**Phone 0800 002 541** for more information.

- **Improve fitness strength**
- **Build teamwork**
- **Gain confidence**
- **Make great friendships**
- **For all levels and ages**
- **Learn life long skills**

UNIONBOATCLUB.CO.NZ

