



**UNION
BOAT CLUB**
WHANGANUI

SCHOOLS LEARN TO ROW WEEKEND

23/24/25 AUGUST 2019

ARE YOU UP FOR THE CHALLENGE!

We invite students from Whanganui Girls, Cullinane and Whanganui City Colleges to attend a learn to row weekend 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.

Rowing is a lot of hard work but it's also fun. If you think you have what it takes...

Come down and give rowing a go!

Register online at unionboatclub.co.nz/learntorow

Phone 0800 002 541 for more information.

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





LEARN TO ROW WEEKEND

FRIDAY 23 AUGUST		4PM
	Introduction to the UBC	
	Safety Briefing	
	Equipment - What it is and how to use it	
	This is rowing (video)	
	Introduction to ERG and basic rowing instruction	
	Question time	
	Session ends	7PM
SATURDAY 24 AUGUST		8AM
	Safety Brief	
	How to row (refresher)	
	On the water row - with experience rowers & coaches	
	Morning tea	
	Further on water row	
	Session end	12NOON
SUNDAY 25 AUGUST		8AM
	How to row (refresher)	
	On the water row - with experience rowers & coaches	
	Morning tea	
	Video analysis and further on water experience	
	Parent question time	11AM
	Session end	12NOON

FOR FURTHER INFORMATION: 0800 002 541 or info@unionboatclub.co.nz

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