



Petone Rowing Club's 12 week Learn 2 Row programme kicks off on **Sunday 10 July at 3pm**. This is suitable for Year 10 students (14 years+). The programme is designed to get you out on the water for the first time in order for you to experience what the sport is all about. The format and group sizes that we use allow us to do this in a very safe and closely supervised way - with the aim to learn basic skills about safety, both on and off the water, be able to identify boats and equipment, and most importantly learning good rowing technique and have fun.

We provide a support/safety boat with a trained coach aboard to guide you through the course and communicate with you one to one out on the water. The programme runs rain or shine, should the wind be too strong, we will conduct an indoor session using our rowing machines where we can work closely on your technique ready for your next water-based session.

Once you have completed the 12 sessions, we hope you will have had an insight into what being a member of Petone Rowing Club is all about and learned the basic skills, you can choose what to do next. This might be more serious rowing like joining our men's or women's novice squads for the 22/23 season.

## Q&A

What does the course cost?

*\$200.00 for 12 Weeks*

What does a club membership cost?

*This varies, please contact us for further details*

What should I wear / bring?

*Running or cycling clothing is best to row in, but general sportswear is usually fine. Nothing baggy or loose fitting. You will need a change of clothes in case you get wet, and a towel is a good idea too.*

Who will deliver the course?

*Mackenzie Tuffin, Vice Club Captain will be running the July intake of Learn 2 Row.  
Her contact number is 022 242 4444.*

What is expected of me?

*Simply a sensible approach to learning and the ability to swim 50m in light clothing is all that we ask from our beginners.*

So if you wish to join our next Learn 2 Row course, please don't hesitate to contact the club, [clubsecretaryprc@gmail.com](mailto:clubsecretaryprc@gmail.com) and we will be in touch. Once accepted on the course, we ask you to complete the Learn2Row Registration Form.

*We look forward to hearing from you soon!*