

Learn to Row

≈ All ages

From 13 to 70 years of age, rowing is for everyone!

≈ Fun

Mix with like-minded active people on the water and off. You can row in a crew boat or on your own.

≈ Fitness

Rowing is one of the best, low-impact, cardio-vascular exercises. You can choose the intensity of your training schedule. A high level of physical fitness is not required to begin rowing.

≈ Coaching

One of our accredited coaches will be available to you at all times. Full supervision will be provided until you are fully competent at rowing.

≈ Competition

Once proficient at rowing you will be invited to become a full member of the Tweed Heads Rowing Club and compete for Tweed at regattas throughout the year.

≈ All year round

Rowing on the Tweed River is something you can do all year round in our wonderful climate. Various competition seasons also continue throughout the entire year.

≈ Great Value

The Learn to Row program costs just \$60 for juniors and \$120 for persons aged 18+. This includes participation insurance and coaching for up to 3 months by which time you should be fully competent in the sport.



≈ Single Scull

≈ Double Scull

≈ Pair

≈ Quad Scull

≈ Four

≈ Eight



FOR MORE INFORMATION

and to register for a free orientation session
call Dave Berry on 07 5590 7066 or 0414 242417
or visit us Saturdays 7am, next to Boyd's Bay Bridge

