

BUNDABERG ROWING CLUB



Established 1888

**Club Boat Shed
1 Toonburra Street
Bundaberg Queensland
0414 764 914**

Caters for junior to veteran rowers. You are never too old to start rowing. Exercise the whole body with a non impact lifetime sport.

Come & Try for Adults

Bundaberg Rowing Club's Learn to Row program will make available the following:

- A graded coach to get you started with the correct rowing techniques.
- Start off in a double with a coach and then move up to a quad with other competent rowers.
- And finally a single scull. If you so desire.

Club boats and the equipment is supplied free. The club has a mix of singles, doubles and quads.

The Come & Try for Adults Program will start with a come and try open day at 7.00 am Sunday 29 January and Sunday 5 February 2017.

For rowing days bring with you:

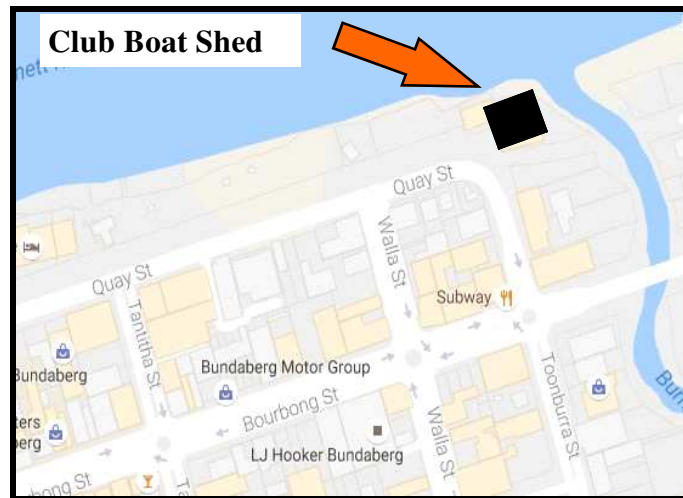
- Hat.
- Socks.
- Wear tight fitting clothes that cannot get caught in the sliding seat.
- Apply sun protection.
- Full bottle of water.

Learn to Row

\$75 for six weeks of coaching (Includes Insurance)
If you decide to join the Bundaberg Rowing Club the \$75 will be deducted from your membership costs.

Contact phone numbers for the learn to row program:

**Mal Ford.....4152 2810
Peter Green.....0414 764 914**



Some of the Bundaberg Rowing Club boats



Early morning on the Burnett



Single Scull



The club has six Concept 2 Rowing machines situated in the lower shed for the use of members and beginners.