When: Commencing the week of 10 August 2015
Session options **TO BE CONFIRMED**
Tuesdays OR Thursdays, 5.30 am to 7.30 am
Wednesdays, 5.30 pm to 7.30 pm
Saturdays, 6.00 am to 8.00 am

Where: Perth College Boat Shed, Milne Street, Bayswater

Cost: Cost $120.00 per person and can be paid in cash on the first session

Book: Bookings are essential via karlie.payne@pc.wa.edu.au

What to bring: Socks to wear in the boat
Water bottle
Hat or visor
Towel
Runners (if water isn’t suitable to row so we can use the ergos)

What to wear: Shorts or leggings and a shirt with thermals underneath is fine, tight clothing is recommended as loose clothing can get caught in the boat

For the first session we’ll start with basic rowing technique, equipment and safety, then we’ll get on the water. Over the duration of the course we’ll increase the distance traveled with each row, aiming to work in harmony as a crew. It’s a great feeling when all crew members are working in unison and the boat is gliding through the water!

If you would like to confirm your attendance or if you have any questions about the course please email: karlie.payne@pc.wa.edu.au.

Sessions will be selected based on popularity of those offered. If you have already confirmed and it looks like you may not be able to attend, please give me as much notice as possible so I can fill your spot!