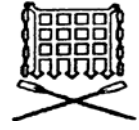




Wallingford Rowing Club

Sculling Weekend for Adult Beginners



Friday 3rd August 18:45 at Oxford University Swimming Pool (compulsory)

Need to wear rowing kit (all-in-one & T-shirt or shorts & T-shirt).

Saturday 4th Sunday 5th August Meet at the club 10:00.

Bring a change of clothes (or 2), weather appropriate kit (layers, such as tracksuit on top of lycra) and a towel.

Tea/Coffee, Lunch and Saturday barbeque will be provided (cost included in the course fee).

The Bar will be open for other drinks.

Time table:

Friday - OUSD Swimming Pool, Jackdaw Lane Oxford – compulsory 19:00 to 21:00	Swim test – in rowing kit Capsize drill Confidence drills
Saturday - WRC 10:00 to 16:00 17:00	Coxed quads and doubles Barbeque
Sunday WRC 10:00 to 16:00	Doubles and singles Mini regatta

Limited to 12 places for sweep oar rowers, 8 places for complete beginners.

First come first serve, with a waiting list in operation.

Please bring the £45 fee, cheques made payable to Wallingford Rowing Club.

Staffed by:

Qualified Coaches: Christy Job, Karl Offord

Volunteers: John-Lucas Brown, Deb King, Bea Longworth

Contact details: christy_amelia_job@yahoo.co.uk or 07775504248