



LEARN TO ROW THIS SUMMER!

Rob Roy Boat Club is offering junior's sculling courses during this summer holiday. Last year we ran these at full capacity and anticipate a similar response this year.



The courses run daily Monday to Friday from 9 –13 August from 4:30 –6:30pm. They are open to children aged 9-18 who can swim 50 metres. Both courses will be led by ARA approved rowing coaches.

The beginner's course will be held on the Milton Country Park lake. For this course, beginners are those who have never rowed or sculled on water or who have only done so in stable boats such as virus boats (as opposed to fine boats). Beginners will learn basic sculling techniques using stable plastic virus boats.

The intermediate course will be held on the River Cam in central Cambridge. Intermediates for this course are those who have some sculling experience. Intermediates will advance their sculling techniques in fine boats, which may be singles, doubles or quads. Please ask if you need help determining which course would be most suitable.

If you would like to book a place, please send a check for the full amount for the week (the course runs for 5 consecutive days)



Any queries, please email
Donna McLuskie, Juniors Coordinator
juniors@robroyboatclub.org.uk

Closing date for applications 2 August 2010

Beginner's course is £40
PLEASE MAKE YOUR CHEQUE PAYABLE TO "Cambridge Sport Lakes Trust"

Intermediate's course is £70
PLEASE MAKE YOUR CHEQUE PAYABLE TO "Rob Roy Boat Club"