

Wendouree - Ballarat



Rowing Club



Term Two Training Program



After considerable upgrades to the fleet, including four new Sykes sculls and a coxless four/quad, Wendouree Ballarat Rowing Club is pleased to offer the following program for intermediate and senior rowers.

Commencing in week two of term two we will be running a five week sweep and sculling program. Wendouree Ballarat RC will provide two coached sessions per week by accredited coaches, additionally participants are able to access the shed for ergo or boat usage outside of these sessions by consultation.

Program Details:

Venue: Wendouree Ballarat Rowing Club

Dates: 18th April 2016 - 22nd May 2016

Cost: \$100.00 per participant. All equipment and coaching supplied. Bring a change of clothing and towel

Contact: Ben Davies Captain WBRC captain@wbrc.com.au

HEY YOU!

