

Monmouth Rowing Club

Wyeside, Old Dixton Road, NP25 3DP www.monmouthrc.org.uk



TOP VETERANS CLUB with active rowers aged 70yrs+

OVERALL WINNER 2010 NATIONAL VETERANS CHAMPIONSHIPS!

EXPERIENCED COACHES available to teach JUNIORS, aged 14 yrs+

OPEN DAY

Sunday 1st May 2011, 10.30am-3.00pm

Meet the Monmouth
rowing squads

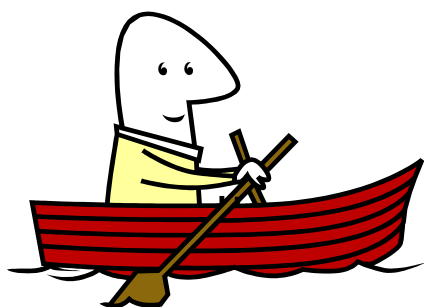
Learn about the
history of rowing

FREE ENTRY and
REFRESHMENTS

BBQ &
Bar Open

HAVE A GO:

On the rowing machines in the
gym or, if able to swim, join a
crew and go for a row in a boat
on the river



LEARN to ROW COURSE

Weds 6pm - 8pm, 8 weeks

11th May - 29th June

£40

A fun way to get fit, meet people and
learn new skills.

No previous experience needed.

Suitable for all ages from 14 yrs. Veterans welcome .

TO BOOK YOUR PLACE(S) at the OPEN DAY or for more details of the LEARN TO ROW COURSE,;

Contact Helen Campion, Tel 01594 860253 / chairman@monmouthrc.org.uk