

Twickenham Rowing Club



Adult Learn-to-Row courses

Adult Learn-to-Row courses...

We run mixed learn-to-row courses several times each year. Last year more than 40 adults learnt to row at Twickenham and more than half of them were women. Each course lasts 4 weeks on a Saturday afternoon and Wednesday evening.

...then into the "Development Squad"

After the learn-to-row course, we look to integrate people into our squad system. In your first rowing season, we take you from being complete beginners to **winning your first race!**

Sociable, fun and inspiring

A surprising number of our new members tell us that learning to row is quite a life changing experience. The group always bonds very quickly and combines training with a lot of socialising. Most people surprise themselves with what they are able to achieve.

How do I get involved?

Email us at beginners@twickenhamrc.net

You will be invited to attend an Open Evening where you can find out more about the course, meet the coaches and tour the club.

Next Learn-to-Row course:

August

(dates tbc)

Enquire



Twickenham RC, Eel Pie Island, Twickenham