

JUNIOR

LEARN TO ROW

**KNOW ANYONE
AGED 11-14 (YR 7-9)**

who maybe interested in rowing?

Why Trentham?

- Qualified Coaches
- Regular Training
- Regional & National Junior Race Events
- British Rowing Affiliated Club

Why Rowing?

- All-over-body Workout
- Aerobic Conditioning
- Low Impact Sport
- Promotes Teamwork
- Provides Opportunities

trenthamboatclubjuniors.co.uk



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