

# COASTAL ROWING COURSES

## HELSINGBORG ROWING CLUB



Helsingborg Rowing club offers coastal rowing courses in our cool and popular coastal rowing boats. The course is held in the heart of Helsingborg (Norra Hamnen), with experienced instructors.

**Dates course 1:** 9-10<sup>TH</sup> May

**course 2:** 13-14<sup>TH</sup> June

**Requirements:** ability to swim 200 m

**Age:** 16yrs and older.

**Clothes:** training clothes (preferably with a thin sole).

**Price:** 1500 sek (750 sek for youth under 25 yrs and students). The price includes:

- Coffee breaks both days
- BBQ-lunch on Sunday
- Continued leader-led training until independency is reached.
- Membership of the club.
- Discount for training (the rest of the year).

**Saturday:** 10.00 - 16.00

**Sunday:** 9.00 - 13.00

**Location:** Båthusgatan 11

**Registration:** mariabergstark@hotmail.com

