

Murray Bridge Rowing Club

COME AND TRY ROWING

Sunday Oct. 11, 18 & 25th 9-11am

»»»» LOW IMPACT. HIGH REWARD. TOTAL STRENGTH ««««

Ever wondered what it feels like to glide across the water? Join us for our **FREE Come & Try** days and discover rowing!

WHY TRY ROWING at MBRC?

- Learn a new skill
- Enjoy the beautiful Murray River
- Improve fitness, strength and endurance
- Meet new people

FACTS ABOUT ROWING

- Rowing is fun!
- Rowing is for beginners aged 12+ through to adults of all ages
- Competition and social rowers welcome
- Great summer activity for footy and netty players in the off season
- YES, you will get fit and possibly ripped!
- Low impact on joints
- Great for your overall wellbeing

MYTHS ABOUT ROWING

- Myth - Rowing is expensive
- Fact - Rowing costs are comparable to many other local sports
- Myth - You need previous experience
- Fact - Beginners are encouraged to come and try at any age

WHAT TO BRING

- Comfortable sports clothing
- Hat and sunscreen
- Water bottle (plastic)
- A willingness to have a go!

For more Information

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