

## Your checklist

# Where to go & what to bring



**Sue Chapman-Popa**  
Olympic rower & medalist  
Director, Personal trainer, Rowing coach

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## All weather

Rowing School Victoria runs all weather programs.  
All programs will run rain or shine.

## Remember to bring with you:

Rowing Zootie, bike pants or  
old shorts (nothing loose like  
basketball pants)

Water bottle

Hat

Sunscreen

Sunglasses

Thongs

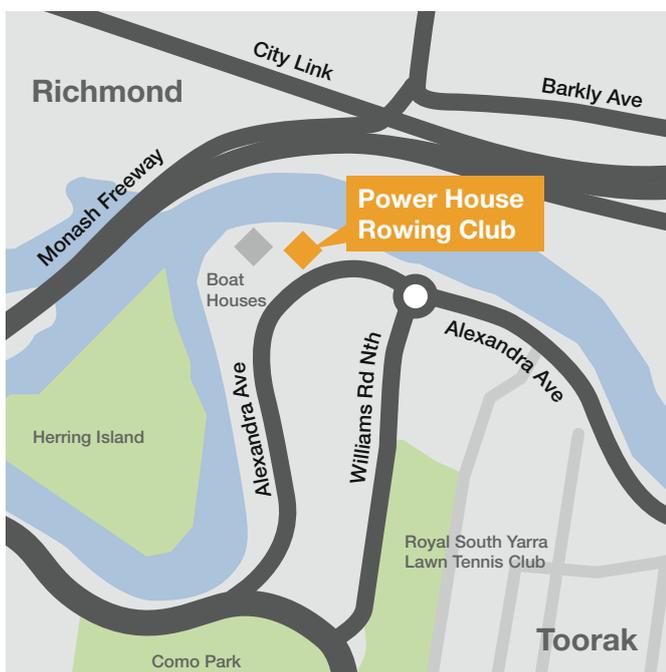
Socks and runners

Towel

Full change of clothes

Jumper or wet weather top  
(nothing too good, it may get grease on it)

## Rowing Location



All sessions run from the  
**Power House Rowing Club**

Address:  
**164 Alexandra Avenue, Toorak 3141**

The Rowing Club is located near the  
intersection of Williams Road North and  
Alexandra Avenue on the banks of  
the Yarra River.

MELWAYS REF 58 G1 or REF 2M D1