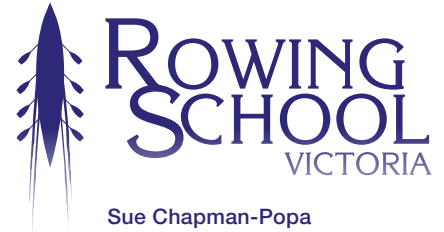


Your checklist

Where to go & what to bring



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

M. 0415 803 032
E. info@rowingschoolvic.com.au

164 Alexandra Ave, Toorak, VIC 3142
www.rowingschoolvic.com.au

Join the
conversation



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

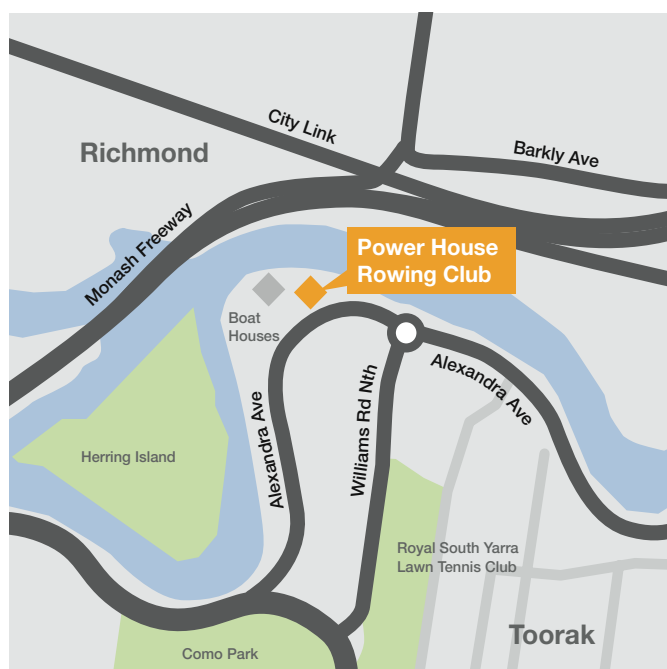
Socks and runners

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