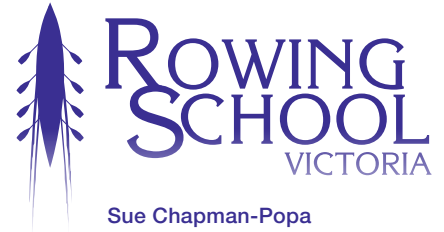


Your checklist

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

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CONVERSATION

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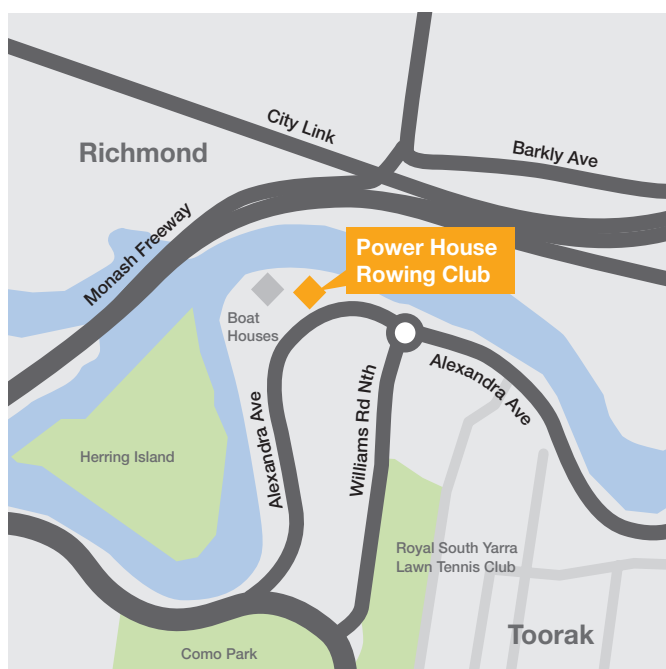
All weather

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

Remember to bring with you:

- | | |
|--|--|
| <input type="checkbox"/> Wear fluro, bright or white clothing. No dark colours | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Rowing Zootie, bike pants or old shorts (nothing loose like basketball pants) | <input type="checkbox"/> Thongs |
| <input type="checkbox"/> Water bottle | <input type="checkbox"/> Socks and runners |
| <input type="checkbox"/> Hat (bright or white) | <input type="checkbox"/> Towel |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Full change of clothes |
| | <input type="checkbox"/> 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