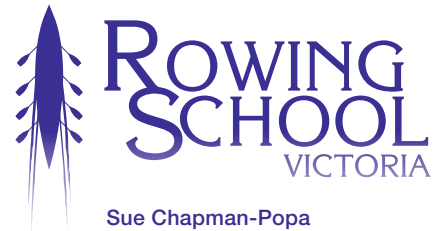


## Your checklist

# 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](mailto:info@rowingschoolvic.com.au)

164 Alexandra Ave, Toorak, VIC 3142  
[www.rowingschoolvic.com.au](http://www.rowingschoolvic.com.au)

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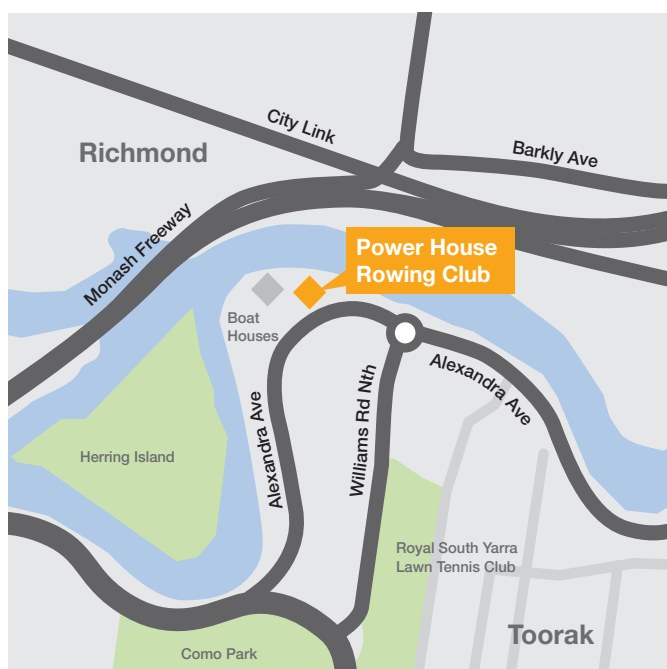
## All weather

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