



Our Learn 2 Row course is designed to get you out on the water for the first time in order for you to experience what the sport is all about. The format and group sizes that we use allow us to do this in a very safe and closely supervised way - with the aim being to allow you to focus on fun and to progress faster. We provide a support/safety boat with a trained coach aboard to guide you through the course and communicate with you one to one out on the water.

The course is split down into 2hr lessons, which "weather permitting" will be held on consecutive weekends for 6 weeks. We have a range of boats for you to progress through, starting with very stable and safe learner craft that have floatation aids, and progressing towards the fine racing models that are used by our club members. As we mentioned the weather... should the wind be too strong to expect novices to row, we will conduct an indoor session using our fleet of rowing machines where we can work closely on your technique ready for your next water-based session.

Once you have completed the 6 sessions, we hope you will have had an insight into what being a member of Boston Rowing Club is all about and how you can fit straight into our squads. After a final assessment of your progress we would look to offer you a club membership and see you at the next club session!

L2R Q&A

What does the course cost?	£60.00 for the 6 weeks
What does a club membership cost?	This varies, so see our Membership page for further details...
What should i wear / bring?	Running or Cycling clothing is best to row in, but general sportswear is usually fine. Nothing baggy or loose fitting. You will also need a change of clothes in-case you get wet. And a towel is a good idea too
Who will deliver the course?	One of our British Rowing qualified coaching team
What is expected of me?	Simply a sensible approach to learning and the ability to swim 50m in light clothing is all we ask from our beginners
Who and How do i pay?	We take most payments by Bank Transfer to... Account name: Boston Rowing Club Account Number: 83793771 Sort Code: 51-81-08

So if you wish to join our next Learn 2 Row course, please don't hesitate to contact the club via our website to show your interest, and we will be in touch with our next available date.

Once accepted on the course, we ask you to download and complete the Learn2Row Registration Form on our website and bring that along with you when you come for your first session.

We look forward to hearing from you soon!