



## **24TH SEPTEMBER - 23RD OCTOBER** **CHESTER-LE-STREET LEARN TO ROW**

### **LEARN A NEW SPORT AT CLSARC!**

COME DOWN TO THE RIVERSIDE AT CHESTER-LE-STREET AND LEARN A NEW SPORT. ROWING IS A GREAT WAY TO HAVE FUN, STAY FIT AND GET INVOLVED IN SOME COMPETITIVE RACING.

CLSARC CURRENTLY RUNS BOTH JUNIOR AND ADULT SQUADS OUT OF OUR BOATHOUSE ON THE RIVER WEAR. THE CLUB BOASTS ALMOST 150 YEARS OF HISTORY AND HAS A REPUTATION FOR PRODUCING EXCELLENT LOCAL, REGIONAL AND INTERNATIONAL ATHLETES.

WE ARE LOOKING FORWARD TO WELCOMING YOU TO OUR CLUB AND SEE WHERE YOUR ROWING ADVENTURE TAKES YOU!

**4 WEEKS LEARN TO  
ROW FREE OF CHARGE**

**ADULTS AND CHILDREN  
12 (YEAR 7) AND OVER**

**BRITISH ROWING  
QUALIFIED  
INSTRUCTORS**

**2 x 2 HOUR SESSIONS  
PER WEEK FOR 4 WEEKS**

**END OF COURSE  
REGATTA FOR ALL**

### **CHESTER-LE-STREET AMATEUR ROWING CLUB**

Donald Owen Clark Centre  
Chester-le-Street  
DH3 3SJ

[www.clsarc.org/learn2row](http://www.clsarc.org/learn2row)

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